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66%


of Manitoba's homicide victims are aboriginal...

... and it's not entirely a surprise

Dig deeper into root causes: Activist

REPORT

Indigenous men deemed most at risk in Canada



Elisha Dacey
Metro | Winnipeg

Brand new stats released by Statistics Canada Wednesday show that aboriginal men are more likely to be murdered in Manitoba than any other province. Manitoba had 44 homicides last year, seven fewer than in 2014. However, 29 of those 44 were aboriginal, a rate of 66 per cent compared to the national average of 23 per cent. Statistics Canada tracked aboriginal homicide victims for the first time in their yearly reckoning of Canada's homicides. "It's quantifying what we already suspected," said Leslie Spillett, executive director of Ka Ni Kanichihk. "It comes out of the relationship Canada has had with indigenous people, and has taken a long time to get there. "Hopefully things like the Truth and Reconciliation Commission and the Missing and Murdered Aboriginal Women Inquiry will start digging deeper into the root causes ... and then make it everybody's issue." "Poverty, homelessness, losing that cultural identity, these are all things that have contributed historically to (the situation) many of these people are finding themselves in," said Winnipeg Police Deputy Chief Danny Smyth. "I think the biggest thing we can do as police is partner with the rest of society to address some of these things," he added, noting the police partner with several local groups to try to help vulnerable families. Overall, Winnipeg is No. 2 in the country, with a homicide rate of 3.29 per 100,000 people, which is second only to Thunder Bay, which has a rate of 9.04 per 100,000. Winnipeg saw 26 homicides in 2014.

26

Number of Winnipeg homicides in 2014.

"I'm happy that over the long term we're trending down, but I acknowledge that we're still higher than any other metropolitan area," said Smyth.

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'It changes every day'

STREET CENSUS

Nearly 2,000 people were homeless one October night

Donna Maxwell
For Metro | Winnipeg

The results of Winnipeg's first street census are out and the point-in-time survey of more than 800 homeless people shows on one night in October 1,727 people didn't have a home.

Christina Maes Nino, community animator with the Social Planning Council of Winnipeg and leader of the street census, said the number is a low estimate of Winnipeg's homeless.

"This number is not an exact number, it changes everyday," Maes Nino said. "This is at least how many people are experiencing homelessness in Winnipeg."

A team of 300 trained volunteers went into the night Oct. 25 and found, and then surveyed, 815 homeless people who volunteered to participate. Further numbers came from other organizations, like shelters and transitional housing.

The results of those interviews make up the street census and provide an insight into who's homeless and why.

And though the numbers admittedly will fluctuate, it gives the first solid stats on where homeless people sleep, why they're homeless and also, through stories offered to census takers, a real insight into their thoughts and feelings.



Waylon Flett has found his way out of homelessness — he's just signed a lease for a new apartment. DONNA MAXWELL/FOR METRO

“
**I found a place,
I signed a lease
and I'm moving
in next week.**

Waylon Flett

we encountered, who were in that circumstance that night.”

Also, since the survey was voluntary, there were people who turned it down.

Of the 1,727 homeless on that night, 132 slept outside and 343 stayed in emergency shelters. A further 361 were in transitional housing, 300 were couch surfing, 296 were recently arrived immigrants and refugees who stayed in transitional housing, 228 were institutionalized and 67 were in hotels or motels.

Maes Nino said several of the numbers they know are low, including the 300 who were couch surfing.

"This is just how many people

"We also know that invisibility is a survival strategy for people experiencing homelessness."

Waylon Flett, 33, was homeless on the night of Oct. 25 and he agreed to participate in the survey.

Flett's situation demonstrated to a T the fluidity of the homeless situation: He's about to move into his own place after being homeless for "a number of years."

"I found a place, I signed a lease and I'm moving in next

week," Flett said.

Poor decisions and mental health issues contributed to the Peguis First Nation man ending up homeless, but he credits Eagle Urban Transition Centre for helping him find a place to live.

Clive Wightman, the city's director of community services and a board member of End Homelessness Winnipeg, said the street census finally gives Winnipeg its own vital statistics.

"For years we've been learning from other jurisdictions about

people experiencing homelessness and using estimates about emergency shelter data in order to come up with what we thought were numbers, today we're going to hear about what the count is, relative to identifying a demographic in Winnipeg," Wightman said.

"The efforts all surround ending chronic and episodic homelessness in Winnipeg. The data that we have received through the census will be invaluable in these efforts."

BY THE NUMBERS

There were a total of 1,727 people who were homeless on the night of Oct. 25, 2015, the night the Winnipeg street census was conducted.

1,727



132

The number of people who were staying outside that night, either in cars, walking around or sitting in a 24-hour coffee shop.

The average age of people experiencing homelessness

43 years old

IN ALL
86 people under the age of 25 were homeless that night, as were 18 over the age of 65



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First leaders debate of election gets heated

POLITICS

Selinger faced accusations over wait times and deficits

Manitoba's three main party leaders squared off Wednesday in a debate that was supposed to be about municipal needs but occasionally delved into personal attacks.

Premier Greg Selinger faced accusations over health-care wait times and growing deficits. He shot back at Progressive Conservative Leader Brian Pallister, saying Pallister expressed support for two-tier health care in a radio interview two years ago.

Pallister's quick denial prompted Selinger to accuse him of being angry. Selinger worked that in while he talked about how his government's budget plan will protect front-line services.

"The way we will get there is through those steady commitments to infrastructure growth and a commitment to universal health care that doesn't get angry when the truth is presented to you."

Pallister then brought up the internal NDP revolt that almost toppled Selinger earlier this year.

"I'm not nearly as angry as half your caucus is about your leadership, sir," Pallister said to laughs from delegates at the Association of Manitoba Municipalities annual convention.

Liberal Leader Rana Bokhari, who has never held political office and was in her first debate, appeared to struggle on occasion to finish her sen-



Liberal leader Rana Bokhari speaks to media immediately after the first Manitoba Leadership Debate in Brandon on Wednesday. Bokhari, who has never held office, seemed to struggle in what was her first debate. HANDOUT

tences. But she got in several digs as she accused Selinger of ignoring infrastructure needs until recently.

"Be real. Say that you're now about to now choose to commit to infrastructure. Be real with Manitobans that you've ignored it for 15 years."

Bokhari got the biggest applause of the hour-long event when she criticized Selinger for forcing small communities to amalgamate to save money. She was also applauded for her

“Be real. Say that you're now about to now choose to commit to infrastructure. Be real with Manitobans that you've ignored it for 15 years. Rana Bokhari

promise to stop charging municipalities provincial sales tax, phasing it out over five years, if she is elected.

Selinger, whose New Democrats have fallen sharply in opinion polls since raising the

PST in 2013, remained calm and relaxed as he touted his government's infrastructure spending. He accused the other leaders of promising tax cuts that would deprive the province of money for roads,

bridges and health care.

Pallister repeatedly accused Selinger of planning another sales tax hike. Selinger would not rule it out when pressed by reporters after the event. But he expressed a clear reluctance.

"Do you guys remember the experience I went through on that?" he said, referring to public anger and the internal revolt that ensued.

"Do you really think I want to do that again any time soon?" THE CANADIAN PRESS

FREEDOM ROAD Project a step closer

An isolated reserve under one of Canada's longest boil-water advisories is one step closer to being connected with the outside world.

The Manitoba government introduced a bill Wednesday that would give the province legal authority to help fund construction of a permanent road for Shoal Lake 40 First Nation.

The reserve — on the Ontario-Manitoba boundary — was cut off from the mainland a century ago during construction of an aqueduct which sends fresh water to Winnipeg. It has no all-weather road and has been under a boil-water advisory for 18 years.

"It's something that cannot be overlooked any longer," said Aboriginal Affairs Minister Eric Robinson, who introduced the bill. "The challenges faced by Shoal Lake 40 in terms of clean drinking water, the cost of living and all these other factors have to be considered."

In the summer, people of Shoal Lake 40 depend on an aging ferry to get to the mainland, but the vessel failed government inspection this year. They use a treacherous ice road in the winter and people have died falling through the ice.

Health-care workers and ambulances won't risk going to the community and children have to leave the reserve to continue their education past Grade 8.

The road is an important step toward reconciliation with First Nations, Robinson said.

Chief Erwin Redsky said his community is "very, very excited" about the prospect of finally having a permanent lifeline. The road would mean his reserve could start thinking about a water treatment plant and economic development, he said.

THE CANADIAN PRESS

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IN BRIEF

Municipalities argue for provincial sales tax rebate
Some communities say it's time for Manitoba to rebate the provincial sales tax paid by municipalities.

It was the first resolution up for debate at this week's Association of Manitoba Municipalities annual convention.

The resolution, tabled by the RM of Portage la Prairie, says the PST is a significant expense added to services,

supplies and capital projects. It says the province should follow Ottawa, which provides a full rebate on the GST to municipalities.

THE CANADIAN PRESS

Manitoba Hydro seeks considerable rate hike

Manitoba Hydro has applied for an increase next April that would see a jump of up to 3.95 per cent.

Lawyer Byron Williams, who represents the Con-

sumer Association of Canada and Winnipeg Harvest, says that increase is huge.

He says it will amount to a \$40-a-year hike for Winnipeg homeowners and \$75 per year in rural Manitoba. He says that's double the rate of inflation.

Williams says the huge hike is because of rising costs on major dam projects and weaker-than-expected export prices.

THE CANADIAN PRESS

City hall gets ready to flip the switch on Christmas

The city's Christmas tree has been strung with hundreds of LED lights and is ready for its debut.

Mayor Brian Bowman will flip the switch on the tree at 6 p.m. in the city-hall courtyard.

A local children's choir will also perform.

Members of the public are welcome to attend.

METRO



From left: Ka Ni Kanichihk executive director Leslie Spillett, Family Services Minister Kerri Irving-Ross, Clinic Community Health Centre executive director Nicole Chammartin and deputy police chief Danny Smyth. MEG CRANE/FOR METRO

Campaign asks: #Who will you help

GENDER-BASED VIOLENCE

Advocates say effort needs to be followed up with vigilance

Meg Crane
For Metro | Winnipeg

The annual 16 Days of Activism against Gender-Based Violence has launched again, and this time there's a new hashtag to show support through social media.

"Gender-based violence, which is often in the form of sexual abuse and domestic violence, is a real problem," said Winnipeg Police Service deputy chief Danny Smyth.

He acknowledged that most police officers are men.

"As such, I think it's really important that police officers, as members of society, stand up in support of women," said Smyth.

Leslie Spillett, executive director of Ka Ni Kanichihk, said there are not enough resources for women experiencing violence, but there are even fewer for men.

"Men have to take this on. It is not a women's issue. It's a social issue," said Spillett.

She supports the campaign but said it's not enough.

"We need to be vigilant and

+ BACKGROUND

16 Days of Activism against Gender-Based Violence started in 1991. It takes place every year from Nov. 25 to Dec. 10.

active through all 365 days. Not just those organizations that are involved, but all of us," said Spillett.

The Government of Manitoba is using the international campaign to highlight the #WhoWillYouHelp effort, which is paired with a video by the same name.

The video, produced by the Ontario government, depicts situations in which people can step in to prevent gender-based violence.

"It's really important that we launch it on our first day of 16 Days of Activism against Gender-Based Violence," said Family Services Minister Kerri Irving-Ross.

She hopes people will use the hashtag on social media between now and Dec. 13, when the #WhoWillYouHelp campaign ends.

She said it will raise awareness about individuals' responsibility to let victims know they witnessed the violence, give them support, tell them the incident was not okay and show them options for getting help.

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Sheepdogs all set for Grey Cup fest

BACKSTAGE PASS

Sports fans just love playing classic rock 'n' roll

Jared Story
For Metro

When the Jays win, The Sheepdogs are on deck.

The Saskatoon band's hit Feeling Good was the Toronto Blue Jays' victory song this past season, with the tune rocking Rogers Centre after every home win.

While they're big-time Blue Jays fans, The Sheepdogs' new song Darryl & Dwight is dedicated to two infamous New York Mets: Darryl Strawberry and Dwight Gooden.

"The '86 Mets are pretty fascinating to me," says Sheepdogs frontman Ewan Currie of the World Series-

winning team known for its boozing, brawling and drug binges.

"I just thought they (Strawberry and Gooden) were really sympathetic characters. I mean they shot themselves in the foot, but I felt bad for them too, their problems with drugs. I'm a big sports fan and I just thought it was interesting to write a song from the perspective of those two guys."

Darryl and Dwight is one of 18 songs on The Sheepdogs' fifth studio album, Future Nostalgia, which was released on Oct. 2 through Warner Music Canada.

Co-produced by Currie and engineer Matt Ross-Spang, Future Nostalgia sees The Sheepdogs continuing in the same vintage vein that helped the band win the Rolling Stone cover contest in 2011.

Chock-full of no-nonsense rock 'n' roll, Future Nostalgia is clearly influenced by classic rock bands such as

Creedence Clearwater Revival, Thin Lizzy and The Allman Brothers.

Currie is plain-spoken about The Sheepdogs' simple plan.

"We just want to write good songs and make records that people want to listen to. Nothing fancy," Currie says.

The band — which also includes bassist Ryan Gul-len, drummer Sam Corbett and Currie's brother Shamus on keys and horns — isn't reinventing rock 'n' roll, but who really cares?

"I'm big into immediacy," Currie says. "To me that's the true test. I try to write songs that are immediately catchy or familiar."

The Sheepdogs play the Manitoba Craft Beer Concert Series on Friday at RBC Convention Centre Winnipeg. The show, which also features The Trews and Attica Riots, is part of the 103rd Grey Cup Festival. Tickets are \$42 at Ticketmaster. The doors open at 7:30 p.m.



The Sheepdogs promise a Friday night of no-nonsense rock 'n' roll. CONTRIBUTED

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Local retail wants love after Friday

CONSUMERISM

Shop the Neighbourhood plan attracts seven BIZ areas

Shel Zolkewich
For Metro | Winnipeg

In anticipation of Black Friday's spending spree at big box retailers, local merchants are hoping residents retain a little economic love to share in their neighbourhoods on Saturday.

At least seven business improvement zones (BIZ) are jumping on the Shop the Neighbourhood bandwagon, with more than 80 businesses offering exclusive deals Saturday.

"We invite Canadians to save a holiday purchase for Saturday and make it local to show their support," said Fiona Story, spokeswoman for Yellow Pages, organizers of the event. This is the third year for the nationwide initiative.

Merchants in the Academy Road BIZ, Exchange District BIZ, Norwood Grove BIZ, Osborne Village BIZ, Transcona BIZ, West End BIZ and Provencher Boulevard BIZ are participating.

Bernstein's Deli is offering a 25 per cent discount on all

restaurant purchases (up to a maximum of \$10). Refuel during your day of holiday shopping with their best-selling cabbage borscht and a corned beef sandwich.

Shoppers at The OLIV Tasting Room will get a free cookbook with the purchase of five bottles. U.N. Luggage is offering 25 per cent off travel accessories for the day. Some merchants are offering big deals on specific products. Eliminator-RC Hobby Supply has a Pronto X nano RC Quadcopter on sale for \$29.99 (regular \$79.99) for Saturday only.

"We're offering hot apple cider to clients while they browse our collections. Also 20 to 50 per cent off regular priced in-stock jewellery," said Lisa Malbranc of the Diamond Gallery.

Download the YP Shopwise app, available for both iOS and Android, to find participating businesses and exclusive deals. Shoppers are also encouraged to visit shoptheneighbourhood.ca/, take the pledge to shop locally and share it on social media under the #ShopTheHood hashtag.



Save a holiday purchase for Saturday.

Fiona Story



The Diamond Gallery is among dozens of shops in Winnipeg advertising Saturday after-sales through the Shop the Neighbourhood app. COURTESY THE DIAMOND GALLERY



ALCOHOL GROWLING

FOR BEER Manitoba Liquor and Lotteries launched four new growler bars at Liquor Mart stores on Wednesday, including Fort Richmond, Sage Creek, Steinbach and Grant Park, where employee Stephanie Lussier demonstrated how to use one as media watched.

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Military bases on standby

LOGISTICS

Medical and security screening will be overseas

Staff at Canadian Forces bases across the country are counting beds and making tentative plans to house and feed thousands of Syrian refugees expected to arrive in the coming weeks.

Capt. Evelyne Lemire, a spokeswoman at CFB Gagetown in New Brunswick, said they have not yet been told they will receive some of the 25,000 refugees the Canadian government has promised to accept by February.

But she said they have been asked to see how many they could accommodate at the sprawling base as part of what the military has dubbed Operation Provision.

"We've been asked to look at our options, our accommodations and so on, like the numbers," she said from the base near Oromocto.

"We're ready to receive any Syrian refugees, if we're called on to do that."



Sgt. Matt MacIsaac removes some of his belongings from storage at CFB Kingston on Nov. 23 to prepare for the upcoming arrival of Syrian refugees. LARS HAGBERG/THE CANADIAN PRESS

Lemire said the base at Gagetown is looking at everything from how to provide food and medical services to allocating space for religious practice for refugees from Turkey, Lebanon and Jordan.

It's expected that bases in Quebec and Ontario will be called on first to provide interim lodg-



We're ready to receive any Syrian refugees, if we're called on to do that.

Capt. Evelyne Lemire

ing for refugees, with bases and wings in other provinces expected to follow suit after the first wave of Syrians arrives.

The Forces could be asked to temporarily accommodate up to 13,000 refugees.

The newly elected Liberal government announced its plans Tuesday to resettle the refu-

gees, saying it will miss by two months its initial deadline of Dec. 31 to bring 25,000 to Canada. The new target is to receive 10,000 people by year's end and the remainder in the first two months of 2016.

Health and security screening will take place overseas and then refugees will be flown to Toronto and Montreal, largely on chartered aircraft.

From there, they will be spread across 36 different destination cities, which already have resettlement programs in place.

Temporary accommodation will be provided by the military, if required.

It's not clear how long they would be housed at the bases, but an official in the Defence Department says it will likely play out as it did in 1999 when Kosovar refugees were housed in bases such as Gagetown, Greenwood, Aldershot and Halifax in Atlantic Canada, and others in Ontario.

The Forces have said they want to use empty beds and not displace military members, but may have to do some shuffling of personnel at bases in Valcartier, Que., and Edmonton.

THE CANADIAN PRESS

MENTAL HEALTH

Many plagued by PTSD

Dr. Morton Beiser, a psychiatric epidemiologist from St. Michael's Hospital in Toronto, says research indicates up to 20 to 50 per cent of refugee children suffer from PTSD, while 10 to 15 per cent of adults are affected.

"I don't think that we are sufficiently equipped yet to deal with that," Beiser said. "It is important that we develop resources quickly and effectively ... We really have to get our act together."

Refugees who suffer from PTSD often relive their trauma, Beiser added. "Post-traumatic stress disorder ... is an awful disorder," he said. "It is a disorder in which people experience horrible situations that they've been in, they're back in the torture cell, they're back being raped."

Mental health challenges for refugees also go far beyond PTSD, said Dr. Kwame McKenzie.

The medical director for the Centre for Addiction and Mental Health says newcomers also face higher risks of developing substance abuse, depression and schizophrenia.

"The truth is, the studies have shown that the rates of mental-health problems are increased, for every (kind of) mental-health problem," he said.

McKenzie said he is pleased the federal government plans to help refugees settle immediately in host communities.

Unlike the 5,000 refugees who came to Canada from Kosovo in 1999, Syrians will not be housed on military bases unless it is deemed necessary.

The effects of conflict, displacement, travel and family separation were all considered when the federal government crafted its plan, Health Minister Jane Philpott said Tuesday as the Liberals announced they intend to bring 10,000 refugees to Canada by year's end and another 15,000 by February. THE CANADIAN PRESS

POLITICS

Trudeau was right to delay: Experts



Michael Woods
Metro | Ottawa

Strictly speaking, the Liberal government's plan to bring in 10,000 Syrian refugees by Dec. 31 and another 15,000 by March — rather than all 25,000 by end of year — is Prime Minister Justin Trudeau's first broken promise.

But the government's decision to lightly tap the brakes on the resettlement process is being lauded by experts who explored them to take a bit more time to do it right.

"It would have been very problematic if they had stuck to the Dec. 31 deadline at all costs," said James Milner, a professor at Carleton University and former consultant with the UN High Commissioner for Refugees.

"On balance, there's a real sigh of relief that the deadline has been extended."

The outcry for more time was among Immigration Min-

ister John McCallum's messages when he announced the plan.

"I've heard Canadians across this country saying yes, you have to do it right, and if it takes a little bit longer to do it right then take the extra time," he said.

The Liberal platform said it would "expand Canada's intake of refugees from Syria by 25,000 through immediate government sponsorship."

However, the refugees here by the end of February will also include privately sponsored ones, not just government-assisted as the platform promised.

But McCallum said government-sponsored refugees would continue to arrive.

"Through the rest of 2016, we will bring in more ... government-assisted refugees to make up the difference, so that we will have reached the number 25,000 and thereby kept our promise," he said.

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IN BRIEF

Businesses stepping up

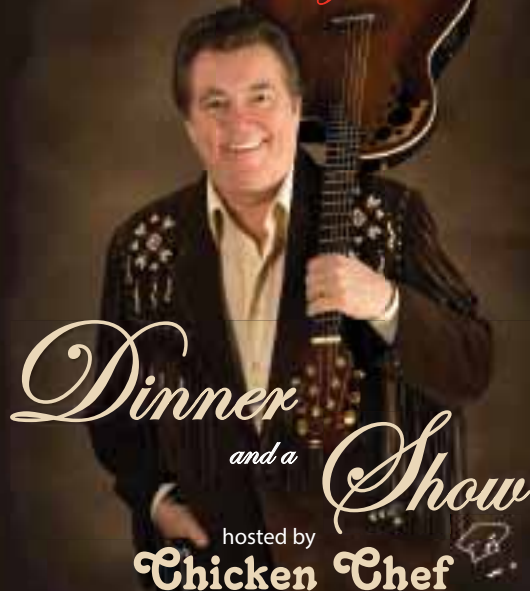
Businesses and entrepreneurs across the country are stepping in to help settle the thousands of Syrian refugees coming to Canada over the next few weeks.

Real estate companies are contributing apartments, airlines are offering seats and individual business leaders are chipping in cash.

Calgary-based Mainstreet Equity Corp. offered at least 200 apartments across western Canada to house refugees at a discounted rate.

THE CANADIAN PRESS

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PM pays royal visit to Queen Elizabeth

UNITED KINGDOM

Justin Trudeau returns to London palace

Prime Minister Justin Trudeau reacquainted himself with Queen Elizabeth, this time as the prime minister of Canada rather than the son of Canada's parliamentary leader.

Trudeau, making his second whirlwind tour on the international summit circuit in as many weeks, met the Queen at Buckingham Palace Wednesday morning.

"Good morning . . . Very nice to see you again," the Queen told Trudeau as they shook hands. "In rather different circumstances, isn't it?" she continued.

"I will say, you were much taller than me the last time we met," Trudeau said, to laughter from the Queen.



The prime minister meets Queen Elizabeth II at Buckingham Palace in London, Wednesday. UI MOK/THE ASSOCIATED PRESS

"Yes, it's extraordinary to think of, isn't it?" the Queen answered, before taking a seat across from Trudeau to have a private conversation.

Trudeau shares history with the Queen, having met the now 89-year-old monarch as a

child in when his father Pierre Trudeau was prime minister.

On this trip, the Queen also met Sophie Grégoire-Trudeau and two of their own three youngsters, Ella-Grace and Hadrien, who are along with them.

+ DIPLOMACY

Trudeau took to the international stage to pitch his Syrian refugee plan as an example of Canada's unique diversity to the world. "We have a responsibility . . . to show that inclusive diversity is a strength and a force that can vanquish intolerance, radicalism and hate," he said at Canada House.

THE CANADIAN PRESS
& TORSTAR NEWS SERVICE

Trudeau then delivered a speech at Canada House in Trafalgar Square. He confirmed Canada would bring in 25,000 Syrian refugees by the end of February. The government had originally pledged to meet its target by the end of the year, but pushed back the deadline this week.

THE CANADIAN PRESS/
TORSTAR NEWS SERVICE

COURTS

Duffy trial ponders do-it-all Donohue

A sounding board, an adviser, a talent booker, an Internet researcher and web content consultant — Gerald Donohue was at different points all of these things to Sen. Mike Duffy.

The question before Ontario Court Justice Charles Vaillancourt is whether these roles constituted Senate business or fraud and a breach of the public's trust.

Eight of the 31 charges Duffy faces relate to \$65,000 in Senate contracts awarded to Donohue. Duffy has pleaded not guilty.

Of that \$65,000, Donohue paid out roughly \$40,000 to other service providers at Duffy's direction, including speech writers

and a makeup artist.

The Crown has suggested Donohue was unqualified to act as a consultant and did not deliver a substantive product for the money he was paid.

Defence lawyer Donald Bayne took the court through an official letter Donohue penned to then-prime minister Pierre Trudeau in 1977 on broadcasting issues and also the honorarium he was paid to act as a consultant for CTV.

Bayne zeroed in on the contracts Donohue signed with the Senate, which included the vague line that he might do any kind of duty for Duffy "that may arise."

THE CANADIAN PRESS

INFORMATION

Police need ready access to web user data: RCMP

RCMP Commissioner Bob Paulson says the police force needs warrantless access to Internet subscriber data to keep pace with child predators and online criminals.

In June 2014, the Supreme Court of Canada ruled police must have a judge's authori-

ation to obtain consumer online activities. The high court rejected the notion the federal privacy law governing companies allowed them to release identities voluntarily.

Paulson says he advocates giving police access to a customer's name and address while respecting the Charter.

THE CANADIAN PRESS

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BELGIUM

Armed police meet returning students

When Annelaure Leger dropped off her two children at school on Wednesday, it was like nearly every other day — except for the machine-gun-toting police officer.

After a two-day school shutdown sparked by a threat alert across the Belgian capital, Brussels resident Leger was relieved classes were back in session.

Though Brussels continues to be under the highest-level threat alert, meaning authorities fear a serious and imminent attack, schools and subways began reopening across the city on Wednesday. The alert was first raised to the top level in the capital on Saturday.

The terrorism threat level is expected to be in place until at least Monday unless there are significant developments, like the capturing of suspects linked to the Paris terrorist attacks on Nov. 13, who are

“

Life must go on and they have to go back to school.

Dimitri De Cra Yencour,
a father of four

believed to be in Belgium.

At Brussels' College Saint-Jean-Berchmans, many parents had a word with school officials or the police officers guarding the entrance. Some experts warned that without a further explanation of the situation, officials risked undermining the public's trust.

"It seems paradoxical to say (Brussels) is still at the highest threat level but it's OK to open schools and subways," said Neil Greenberg, a professor of mental health at King's College London. THE ASSOCIATED PRESS



S-400 air-defence missile systems make their way through Red Square during a rehearsal for the Victory Day military parade in Moscow in May 2013. The missiles are capable of striking targets within a 400-kilometre range. THE ASSOCIATED PRESS FILE

TUNISIA

Militants say they were behind attack

The body of a suspected suicide bomber was found at the scene of an attack on Tunisia's presidential guard in Tunis as the Islamic State of Iraq and the Levant (ISIL) claimed responsibility Wednesday for the attack that left 13 people dead.

Tuesday's attack on a bus carrying Tunisia's presidential guards involved about 10 kilo-

grams of military explosives, the Interior Ministry said.

Tunisian authorities discovered the body of a 13th person in the bus, believed to be the "terrorist who caused the explosion," the Interior Ministry said in a statement Wednesday.

A DNA analysis of the body is underway, the ministry added.

The government declared the blast a terrorist attack and imposed a 30-day nationwide state of emergency, with troops fanned out across the capital.

ISIL issued a statement Wednesday, saying a militant it identified as Abu Abdullah al-Tunisi carried out the attack after infiltrating the bus and killing around 20 "apostates."

THE ASSOCIATED PRESS



Police on Wednesday at the site of Tuesday's suicide bombing in Tunis. THE ASSOCIATED PRESS

Putin orders move of missiles to Syria

RUSSIA

Response to Turkey's downing of Russian jet

In a move raising the potential threat of a Russia-NATO conflict, Russia said Wednesday it will deploy long-range air-defence missiles to its base in Syria and destroy targets that may threaten its warplanes following the downing of a Russian military jet by Turkey.

The incident was the first time in 50 years that a NATO member shot down a Russian plane. If Russia responds by downing a Turkish plane, Turkey could proclaim itself under attack and ask the alliance for military assistance.

Most observers believe a direct military confrontation is unlikely, but the shooting down of the plane will further fuel the Syrian conflict and complicate international peace efforts.

The situation is also alarming because the Russian and Turkish presidents both pose

as strong leaders and would be reluctant to back down and seek a compromise.

The S-400 missiles, which Russian President Vladimir Putin ordered sent to the Hmeimeem air base in Syria's province of Latakia, just 50 kilometres away from the border with Turkey, are capable of striking targets within a 400-kilometre range with deadly precision. The military also moved the navy missile cruiser Moskva closer to the shore to help protect Russian warplanes with its long-range Fort air defence system. THE ASSOCIATED PRESS

+ RESCUE

Rebels kill pilot after pair parachute from aircraft

Two Russian pilots parachuted from their aircraft Tuesday near the border with Turkey after a Turkish F-16 fighter jet hit their plane with a TOW missile.

Syrian rebels on the ground fatally shot the pilot. The co-pilot landed in ravines, where a Syrian commando unit rescued him. THE ASSOCIATED PRESS

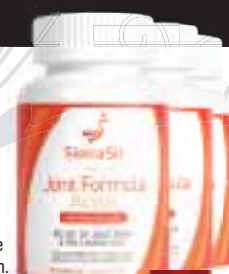
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Countries clash over natural gas

RUSSIA-UKRAINE

Kyiv also bars country's planes from its airspace

Tensions between Russia and Ukraine escalated Wednesday as Ukraine decided to stop buying Russian natural gas — hoping to rely on supplies from other countries — and closed its airspace to its eastern neighbour.

Russia's annexation of Crimea from Ukraine in March 2014 and its support for separatist rebels in the east has brought relations between the two countries to a post-Soviet low. Ukraine has since been trying to cut its dependence on Russian gas.

Russia's state-controlled gas company, Gazprom, said Wednesday that it stopped sending gas to Ukraine on Wednesday morning and will supply no more because Ukraine has not paid in advance for more deliveries.

Ukraine said it was its own decision to stop buying gas from Russia after it was offered better prices by other European

countries. Those other countries import gas from Russia but can pipe it back to Ukraine.

Gazprom CEO Alexei Miller on Wednesday warned Ukraine and Europe of possible gas disruptions following the cut-off. Russia uses Ukraine's pipelines to transport part of its gas deliveries to other European countries.

Ukraine's "refusal to buy Russian gas threatens a safe gas transit to Europe through Ukraine and gas supplies to Ukraine consumers in the coming winter," Miller said.

The Gazprom chief said Ukraine had been buying up gas to store for the coming winter in the past two months but

claimed it was not enough to get it through the winter.

On the other hand the European Commission, the EU's executive arm, which has been mediating the gas row between the sides, noted that Ukraine's gas reserves are well stocked and that recent mild weather means that consumption has been below average.

"We are not particularly concerned about the gas flows from Russia to Ukraine at the moment," said commission spokeswoman Anna-Kaisa Iitkonen.

Past gas disputes between Russia and Ukraine have led to cutoffs. A standoff in 2009 caused serious disruptions in shipments to EU countries in the dead of winter.

Ukrainian Prime Minister Arseniy Yatsenyuk also announced that his government has decided to close the country's airspace to all Russian planes as "an issue of the national security as well as a response to Russia's aggressive actions."

Ukraine last month banned all Russian airlines from flying into Ukraine but Russian planes have been allowed to fly over its territory.

THE ASSOCIATED PRESS

MORE DETAILS

Short-lived deal

The stoppage comes less than two months after an EU-brokered deal ensured supplies through March 2016. Russia lowered the price it charged Ukraine to what it charges neighbouring countries, from \$251 US per 1,000 cubic meters to about \$230 US.

THE ASSOCIATED PRESS



Gazprom's Moscow headquarters. Russia's state-run gas company said it had stopped shipments to Ukraine on Wednesday; Kyiv said it halted the purchases. THE ASSOCIATED PRESS FILE

Ex-Argentine leader isn't fading away

SOUTH AMERICA

President steps down amid high approval, plenty of scandals

When Argentines chose a new president in recent elections, many voters seemed more concerned about what would happen with the old one.

Such is the hold of outgoing President Cristina Fernandez on the public imagination in this South American country, where the telegenic, combative and polarizing leader steps down Dec. 10 after dominating the political landscape during eight years in office. Fernandez, who was constitutionally barred from running for a third consecutive term, leaves with high approval ratings despite myriad economic

problems and the cloud of several alleged corruptions scandals.

Perhaps most significantly, she'll be leaving after a major political defeat: Her chosen successor, Daniel Scioli, lost Sunday's presidential election to Mauricio Macri, who campaigned on free-market ideas as well as promises to roll back many of Fernandez's left-leaning policies and distance the country from Venezuela.

"It's unlikely that Fernandez goes quietly into the night," said Jason Marczak, deputy director of the Atlantic Council's Adrienne Arsht Latin America Center.

"But her concrete plans post-election? Your guess is as good as mine."

Fernandez, 62, has said little about her future, other than repeatedly promising not to go away. THE ASSOCIATED PRESS



Outgoing Argentine President Cristina Fernandez
RICARDO MAZALAN/THE ASSOCIATED PRESS

HONDURAS

Massacre of 15 called 'terrorism' by official

Two massacres that killed 15 people in less than 12 hours rocked Honduras and left the country's top cop in tears on Wednesday.

Police say seven were shot in the capital of Tegucigalpa early Wednesday, while eight bus drivers were killed in the northern city of San Pedro Sula late Tuesday.

Police commissioner Leonel Saucedo gave a news conference where bodies were found after the attack in the capital, where six of the victims were pulled from their homes and killed.

People could be heard crying in the background when a reporter asked the police chief how he felt.

"I can't feel anything other than pain, sadness, much sorrow for what happened ... It hurts to see a scene like this," said Saucedo, breaking into tears. "But it's not time to drop our guard. It's time to keep fighting for the welfare of Honduras and this family that is suffering."

He said the manner of the at-

tack suggests an attack by gangs, who battle for territory to charge extortions and sell drugs. The same morning, investigators found a voodoo doll stuffed with needles and bearing Saucedo's face at one of the crime scenes.

In the other massacre, six men in flak jackets and ski masks got off a bus at a terminal outside the city of San Pedro Sula on Tuesday and shot eight bus drivers one by one. Transport director Geovanny

Dubon said the attack should be classified as "terrorism."

Murders of bus drivers and taxi drivers are common in Honduras and are almost always linked to the collection of extortion by

any of the half-dozen gangs that operate nationwide. Nearly all drivers must pay a weekly amount to one or more of the gangs. Failure to pay often results in death. It was a bloody 12 hours for Honduras, which had been making some progress since its designation in recent years as the world's deadliest country for a nation not at war.

THE ASSOCIATED PRESS

174

Number of public transport drivers killed in 2014 in Honduras, according to the National Human Rights Commissioner.

IN BRIEF

Brazil dam burst damage may take months to assess

It could take months to evaluate the extent of damage to a river left choked with mud when a dam burst at an iron ore mine, Brazil's environment minister said Wednesday.

Izabella Teixeira said that rains could further complicate the task of recuperating the Doce River, which filled with huge quantities of mud unleashed by the Nov. 5 dam burst in the southeastern state of Minas Gerais. THE ASSOCIATED PRESS

Man urges release of son in Paraguay after ransom paid

A member of a Mennonite colony in Paraguay is pleading a guerrilla group for the release of his kidnapped son, saying he already has paid a ransom. Abraham Fehr read a statement on local radio Wednesday asking the Paraguayan People's Army to release his son. He said his family has not received proof that the son is still alive despite paying the small leftist rebel group \$500,000 after the August kidnapping.

THE ASSOCIATED PRESS

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Mallory Chate
For Metro | Toronto

Two brothers are turning what can be one of the messiest of life situations into a business.

The Breakup Shop hit the market two weeks ago, not too long after Mackenzie Keast, a Torontonian and co-founder, was “ghosted” by a woman he’d been seeing casually.

No email. No letter. Not even a Snapchat. She simply disappeared. And it got Keast thinking — maybe there’s a market out there for helping people who say they want out.

Keast and his brother, Evan, started building the plan and are recruiting what they call “heartbreakers” — people who will help craft on-demand messages the shop will send to people who enlist their services.

Those services range from the very basic Snapchat messages to flower bouquets accompanied by a text to personalized breakup phone calls, placed of course by one of the heartbreakers. Prices start at \$5 and go up from there depending on the level of service.

Customers can add to any package by sending items like copies of The Notebook or cookies through the company’s online



The Breakup Shop brothers. BREAKUPSHOP.COM

gift shop. One option — the \$80 breakup gift pack — comes packaged in a box called the “memory oven,” which the creators suggest filling with memories of your ex and setting on fire.

While they’re not love experts, the brothers have, over the years, “been on both sides” of the difficult-to-end relationship equation, Keast noted.

That said, they’re looking to hire at least some heartbreakers with backgrounds in things like couples therapy and psychology.

They’re also looking to expand into face-to-face breakups, carried out, of course, by a complete stranger.

Standard email: **\$10**

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Hi Queen,

Hope you've been having a great day so far.

We regret to inform you that your girlfriend Lindsay is breaking up with you. Although you've had a good run and shared some great memories along the way, it's time to move on.

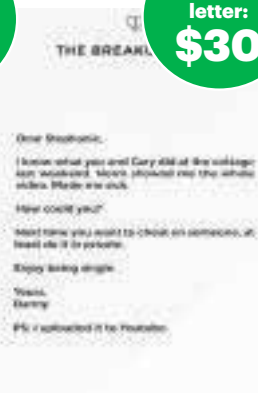
While you're likely quite shocked and understandably saddened by this news, we just want you to be clear on your final to-do list:

Here are some helpful links to get you started:

- Examples
- Best Growth: How to Get Paid in Divorcing Breakup
- Ben & Jerry's online quiz
- The Breakup Shop - Gifts for Exes
- Twitter

We offer you our deepest sympathies, and wish you all the best in the future.

THE BREAKUP SHOP



AGRICULTURE

Climate change hits coffee farmers

In the foothills of Uganda's Rwenzori Mountains near the border with Congo, coffee is the lifeblood of many families, and farmers need great coffee yields to run their households.

But their success is threatened by climate change, which has warmed the region over the years, encouraging pests and diseases and bringing erratic but intense rains that erode fertile earth. Consequently, harvests have become unpredictable.

Many of the plants in one farmer's estate are infected with leaf rust, a fungal disease that coffee production experts here say has become more prevalent because of rising temperatures.

When the rust infects a coffee estate, the leaves of some plants develop yellow spots and fall prematurely. The result is a delayed harvest with coffee beans so small they can't fetch a good price in the market.

THE ASSOCIATED PRESS

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metr VIEWS

Your essential daily news Thursday, November 26, 2015

CHANTAL HÉBERT: ON THE CHARBONNEAU COMMISSION



“As Justin Trudeau’s government ponders how best to fulfil its commitment to a national inquiry into missing and murdered aboriginal women, the Quebec experience offers a few pointers.

The release on Tuesday of the long-awaited report of the Quebec public inquiry into corruption in the construction industry served as a timely reminder that it’s a rare commission that lives up to the expectations that preside over its creation.

It did not formally blame a single elected or non-elected individual for the corruption and collusion that has run rampant in the province’s governance system. The commission sketched out patterns of systemic collusion in some details but failed or declined to connect the dots.

Justice France Charbonneau and her co-commissioner, former Quebec auditor general Renaud Lachance, could not even agree that an indirect link between illicit industry donations to the province’s political parties and the awarding of public works contracts had been established.

As Justin Trudeau’s government ponders how to fulfil its commitment to a national inquiry into missing and murdered aboriginal women, the Quebec experience offers a few pointers.

That starts with a workable mandate. The Charbonneau commission has been compared to the decade-old inquiry into the federal sponsorship program. But justice John Gomery’s work was focused on a single federal program. Charbonneau’s mandate was more open-ended. The construction industry interacts with Quebec politics at all levels of government.

The line between an over-abundant choice of avenues and a lack of direction is a thin one. From the outside, the Charbonneau commission frequently looked like a rudderless boat on an ocean-fish-

ing expedition.

Just prior to its year-end break in 2012, the inquiry released an extensive blue-ribbon list of guests at a Montreal private club. The rationale for bringing up the list remains a mystery. There are other examples of testimony of little apparent relevance to the final report.

Gomery’s sponsorship inquiry heard from two (past and present) Liberal prime ministers. The Charbonneau commission — even as it deemed to explore political financing — called neither former Quebec premier Jean Charest nor any other provincial leader to testify at its public hearings.

Then there are the perils of an elastic timeline.

The Charbonneau inquiry was set up in 2011. It was subsequently extended twice for

a total of 25 months. Its four years of existence stretched over three Quebec governments and as many premiers.

With every extension, the impetus that had led to its launch seeped away. The reputations of some public personalities were left twisting in the wind for months.

Last year, former construction magnate Tony Accurso threw a bombshell at the inquiry hearings when he testified he had funnelled \$250,000 to former Montreal police chief Jacques Duchesneau to pay off the debts accumulated over the latter’s failed 1998 mayoral campaign.

Accurso claimed he had a paper trail to document the payoff. But on Tuesday, the commission reported the promised proof never materialized. That was after Duchesneau spent a year under the

cloud of Accurso’s allegations.

The Charbonneau commission cost Quebec taxpayers \$45 million. Its final report ran more than 1,700 pages. On Tuesday, Philippe Couillard’s government threw it out to the public with no advance lock-up to give media the opportunity to take stock of its voluminous content and its 60 recommendations.

The predictable result was that much of the initial coverage focused on the bright shiny object of the irreconcilable difference of opinion between the two commissioners as to the relationship between party financing and provincial public spending. Quebec’s ruling political class had a better day Tuesday than the commission that reported on the many failings on its watch.

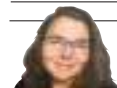
Ultimately, the Charbonneau commission best accomplished its mission on the front of public awareness. Its hearings vividly illustrated the toll corruption and collusion have taken on public services. And they did demonstrate that the problem was systemic. Time will tell whether those findings translate into a lasting change in ethical culture.

The upcoming federal inquiry into missing and murdered aboriginal women will also serve a public-education purpose and undoubtedly raise the profile of an issue that cries for more attention. But based on Quebec’s just-completed inquiry, care should be taken to ensure the exercise results in more than allowing a government to tick a sensitive item off its bucket list.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

metroview

Make it easier to make things right for wrongfully convicted



Diane Baker Mason
For Metro

Earlier this month, a funeral was held for Romeo Phillion. Romeo was 76. He spent 31 of those 76 years in prison for a murder he didn’t commit. He was convicted despite both the police and the Crown having in their hands a police report confirming his alibi — a report they did not provide to his lawyer.

Romeo was one of Canada’s wrongly convicted: a victim of a “miscarriage of justice.” People who are wrongly convicted have little hope of righting that wrong. They go to prison. Sometimes, as in Phillion’s case, for decades. Sometimes for the rest of their lives.

That innocent people go to jail is something the un-jailed populace would prefer to believe doesn’t happen. We would all like to believe that tales of wrongful convictions — populated as they are by dishonest cops, unreliable evidence and mistaken witnesses — are the stuff of Hollywood melodrama. Who hasn’t cringed at the innocent prisoner in The Shawshank Redemption, crawling through the sewer to get his freedom back?

Canadian victims of wrongful convictions have to do another type of crawling — uphill, towards a review of their case by the minister of justice. These rare applications are usually undertaken with the assistance of a volunteer group, such as

the Innocence Project or the Association in Defence of the Wrongly Convicted (AID-WYC). It’s grindingly slow and often made slower by authorities in no hurry to produce information and documents. Faced with the possibility that an innocent person is in jail, many circle their wagons, providing only minimal co-operation. This is particularly disturbing when it turns out the application has merit.

How to encourage the authorities to be more accommodating? Since their reluctance might be caused in part by fear of exposure to a lawsuit by the exonerated victim, the creation of a compensation fund in the nature of the already-existing Criminal Injuries Compensation Fund might reduce that concern. In addition, an overseeing authority, such as an ombudsman, could be authorized to supervise the application process, ensuring that information and documentation is produced on a timeline, and assist the applicant’s advocates if they are stonewalled.

In Romeo’s case, it was 11 years between the Innocence Project and AIDWYC accepting his case and the Ontario Court of Appeal overturning his conviction. It would have been much less had his advocates not had to wrestle with the authorities to obtain documents and information. And that, as the saying goes, is a crime.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

THE MICROTREND: Cat Cafés



Wannabe pet owners starved for time or space have a fresh option: mix coffee time with cuddles at a cat café. These coffee shops allow you to bond with resident cats, often shelter animals available to a good home. The feline-friendly restos are popular throughout Asia, particularly in Japan, but are popping up across Canada. Montreal was first to pounce on the fad. Now Ontario has cat cafés in Guelph and Toronto and there’s another planned for Vancouver. If you want mo’ cat with your mocha, go to Montreal. Quebec’s laws on these café/petting zoo hybrids are the most lax, so felines can mix and mingle in the eatery. Not so in Ontario, where laws dictate the pets must be kept in a separate room. Still, it’s the perfect solution for those with cat commitment issues — speed-dating, but with more fur. METRO

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metrLIFE

Your essential daily news Pope Francis to publish his first book in January

Hibernate with these books

WINTER

Here are nine reads we wouldn't mind on a snow day

With winter's chill settling over most of the country, it's time to grab a blanket, brew some tea or heat some cocoa, and curl up with a good book. Thousands of great reads were released this year, so choosing one may be difficult. To help you out, we pared down the list of top critics' picks to what we think are the top non-fiction and fiction books of 2015.

Non-Fiction

H is for Hawk by Helen MacDonald



Published in North America this year (it debuted in the U.K. in 2014), Helen MacDonald's unusual memoir captured the hearts and imaginations of reviewers all over the continent. A Torstar reviewer called it: "An astonishing memoir of grief and love, of loss and connection, H Is For Hawk is nature writing for the new century, resonant and accessible, wise and fragile. Like the goshawk upon which it centers, it is a thing of beauty, of blood, of violence, of joy;" "a memoir about dealing with grief (the death of her father) ... it is seldom that such a thoughtful accomplished book touches a nerve with ordinary readers;" "this award-winning book is soaringly original and gorgeously written."

The Dorito Effect by Mark Schatzker



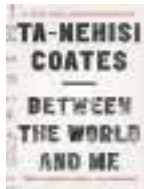
This is not your average food book. Mark Schatzker uses science to shed light on the connection between nutrition and flavour — showing how our taste buds no longer lead us to the most nutritious food, but to foods



It's time for wool socks, a cup of tea and a good book. ISTOCK

that are leading us into obesity and diabetes. Here's what our reviewers had to say: "fabulous research into why food has no taste and why we need to demand more;" "The best part? The solution he lays out involves a lot of good eating: top-quality, fresh, local, seasonal produce that restores our taste buds' primary function. A game changer!"

Between The World and Me, Ta-Nehisi Coates



In a year when violence and racism against black people by the police made headlines in America and Canada both,

The Atlantic writer Ta-Nehisi Coates struck a chord with this slim (it's only 152 pages) but powerful volume which uses the frame of a father's letter to his son. "Coates is being called the spokesman for black America. Toni Morrison has expressed relief that finally a black writer has come along to fill the space left by James Baldwin." "Coates ... recognizes his son's world is both incredibly different from his own yet also eerily similar — definitely an important book of the year, especially in considering the

impact of #BlackLivesMatter;"

M Train, Patti Smith

The memoir can be a tricky thing to write and rock legend Patti Smith has had a couple of goes at it: But this latest has struck a chord among music fans and prose "Ah, to age like Patti Smith. While M Train lacks the emotional immediacy of Just Kids, her earlier memoir, it is a deliberate choice, leading to a deeper, more thoughtful volume, an accounting of love and loss, of wonder and fear, of cups of coffee and episodes of beloved television series. Perhaps the most lively meditation on the act — and art — of living one is likely to find this year;" "very poetic and original, almost like a prose version of one of her songs."



On The Move, Oliver Sacks



Neurologist Oliver Sacks was a storyteller — his expertise was science, but he made it accessible,

educating us through telling stories of his patients in Awakenings and The Man Who Mistook His Wife For a Hat. Before his death in August, he was still enlightening us with stories and his memoir On The Move, touched readers everywhere, including our reviewers: "Sacks' thoughtful and conscientious approach to his own death served as a reminder of the writer and neurologist's deep engagement with the very nature of life. His memoir ... brims with life even in the shadow of death;" "It isn't an exaggeration to say that Sacks was "beloved" for the freshness of his intellect, his enthusiasm, his fascination with the workings of human beings. And the publication of this autobiography in the final months of his life was a brilliant cap to an admirable life."

Fiction

Martin John,

Anakana Schiefel

Anakana Schiefel has hit the publishing world like a storm. This book was nominated for the Scotiabank Giller Prize despite being about an uncomfortable subject: inside the mind of a



sexual deviant. Still, our reviewers picked this as one of the top five of the year with comments such as: "Formally audacious and incisive writing that's also got plenty of heart and quirk;" "admiring the stylistic and thematic risks Schofield has taken with it;" "a novel that mirrors its protagonist's obsessive and deviant behavior in its elastic prose;" "a case study in mother-son drama where mental illness and an overbearing parent collide ... A dark, comic and moving portrait of the guilt, pain and suffering of the mentally ill."

The Girl on the Train, Paula Hawkins



It's not often a first-time novelist dominates the top of the best-seller lists for a year. But that's exactly what Hawkins has accomplished with The Girl on the Train. Our reviewers agree: "In this fresh, female-focused psychological thriller, a young woman is drawn into a mystery involving people she observes during her daily London commute. Paula Hawkins' bestselling debut novel is an addictive page-turner with intoxicating characters, unflagging

suspense and sharp insights into women's lives and relationships;" "this year's escapist reading sensation. Gone Girl for 2015. As it should be. It is a page-turning suspender with a satisfying resolution. And we all love an unreliable narrator."

Story of the Lost Child, Elena Ferrante

Writing about real life has informed some of the biggest books in the past few years. If Karl Ove Knausgaard has written a semi-autobiographical memoir from the male perspective, Elena Ferrante's (this is a pen name — nobody knows who the real author is) four-volume saga has redefined what it means to write about female friendship. As one reviewer notes: "The final volume of Ferrante's Neapolitan novels is a stunning achievement, a seemingly effortless accounting of the lives of two women that maintains an often shocking intimacy and emotional candour while also serving as a sweeping document of social, political, religious and cultural upheaval."



Sleep, Nino Ricci



A protagonist nobody likes is the dark star of this latest novel by the Canadian author of Lives of the Saints, and many of our reviewers thought it was a real dark horse this year. "Sleep was unaccountably overlooked this literary prize season, despite being Ricci's best work yet. Perhaps the unlikely protagonist — the sleep-deprived, pill-popping, skirt-chasing, gun-toting David Pace — alienated jurors. As a nightmarish chronicle of mid-life male failure, however, the novel packs quite a punch;" "Ricci's work has gotten better as it's gotten darker. This one is pretty close to pitch black;" "If endemic narcissism is one of the central pathologies of contemporary culture, then Ricci has crafted with Sleep one of its holy texts." TORSTAR NEWS SERVICE



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topsy-turvy and
misrule rules as Alice travels
back to a world of wonders
through the looking-glass.



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Glory in the art of Florence

Florence's art spanning 500 years is assembled and explained by art historians Ross King and Anja Grebe in *Florence: The Paintings and Frescoes, 1250-1743* (Black Dog & Leventhal). Drawing on religion and myths deeply rooted in Italian culture, artists retold well-known stories by depicting angels, gods, saints and royalty as seen here. **TORSTAR NEWS SERVICE**



MICHELANGELO

Tondi Doni, 1504-07

Nude males lounge in the background, a heathen past behind the Holy Family in red, blue and orange creating a family circle in the foreground. They could be sculptures, with muscles delineated and robes folded and flowing. The Madonna is powerful, reaching behind her for the pudgy curly-haired infant, held safe in his foster father's arms. John the Baptist peaks from the corner. Created for the marriage of merchant Agnolo Doni, it hung in the couples' bedroom.



FRA ANGELICO

Black Death, 1420

Pestilence, famine and the Black Death shrank Florence from a thriving city of 120,000 people to a mere 42,000 souls. People pray and are comforted in a densely populated hillside village with wild beasts, lions, deer and dragons. Religion is salvation and comfort in the dark days.

MASOLINO DA PANICHE

Healing of the Cripple and Raising of Tabitha, 1423-28

Two different Biblical miracles — healing a crippled man and bringing a charitable woman back from the dead — are put together in one scene and attributed to Saint Peter.



FRA ANGELICO

Annunciation, 1438-45

The annunciation — when the angel came down to earth to tell Mary she was going to have a baby named Jesus — is a story frequently depicted. This light-filled painting hangs today in the convent where Fra Angelico lived as a member of the Dominican order at the convent of San Marco.

BOOK BRIEFS

Wild author releases new book

Author Cheryl Strayed has become somewhat of an advice guru. People were following her advice before even knowing it was Strayed who was giving it through her *Dear Sugar* column for *The Rumpus*.

Then came *Wild*, Strayed's memoir and story of walking the Pacific Crest Trail shortly after her mother's death and after the demise of her marriage.

The book, of course, was turned into a blockbuster movie starring Reese

Witherspoon. Readers of the book were inspired by Strayed's writing, and ability to tough it out in the wake of adversity.

Now, Strayed is back with *Brave Enough*, a compilation of various Strayedisms and life mottos. They are the type of phrases you write down and keep



in your wallet, or at least tweet to your followers, giving them something to think about. Whether you want to gift a friend with something that could help them through a hard time or just want to feel

inspired yourself, *Brave Enough* is a book worth checking out. **EMILY LAURENCE/METRO IN NEW YORK**

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Aaron Pridham, Tristan Carlucci & Gwendolyn Collins, photo by Dylan Hewlett

More Oscar Wildian than mumblecore

NEW RELEASES

The Clasp is an old-fashioned coming-of-age caper

Sue Carter
For Metro Canada



Mumblecore has become a go-to term to describe a certain type of low-budget indie film noted for being all real talk and no action.

Made popular by directors like the Duplass Brothers, the films follow the mundane lives of characters in their 20s or 30s, typically caught in some kind of juvenile freeze-frame, dissatisfied with their lives, careers and relationships. Often there's an unrequited romance to be resolved at the end of the two hours.

If Sloane Crosley's debut novel, *The Clasp*, was adapted for film (which, Hollywood, take note, it should), it most likely would not be considered mumblecore.

Though her characters navigate the same soul-crushing realities of early adulthood, Crosley has wrapped their stories around an old-fashioned caper that shakes them out of their navel-gazing reality and into a French countryside chateau. In the sharp ways that she deals with social issues like wealth and class, Crosley is a closer cousin to Oscar Wilde than Lena Dunham.

The *Clasp* follows three 30-somethings reunited at a posh university friend's wed-

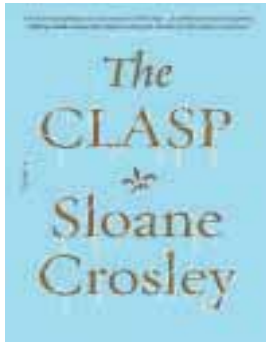
ding. There's sad Victor, who was just fired from a second-rate search engine tech company; literary playboy Nathaniel, trying to make a living in Hollywood selling screenplays about fake superheroes; and beloved Kezia, who works for a tyrannical jewellery designer. After Victor is woken up by the mother of the groom after passing out in her bed, she reveals to him a story about a valuable necklace stolen during the Nazi raids that may have been linked to Guy de Maupassant's classic heart-break of a story, *The Necklace*.

When the mother dies suddenly, and her jewellery goes missing, the trio ends up in France, chasing each other, the necklace and some desire to change their lives.

Crosley, who gave up her longtime publishing job to write full-time, says her first love was fiction. She completed her first novel in college but the manuscript never made it very far. It was with her two collections of personal essays, *I Was Told There'd Be Cake* and *How Did You Get This Number* where she made her mark as a humorist in the vein of David Rakoff or David Sedaris. Both collections became New York Times bestsellers, with *I Was Told There'd Be Cake* optioned for an HBO series.

Crosley's 140-character zingers have also made her a favourite online, as have her book trailers, the latest of which stars Amanda Seyfried and her dog. (She had a cameo on *Gossip Girl*, to give a sense of her place within the New York literary scene.)

The *Clasp* took five years



to complete, a much longer stretch, Crosley says, than her non-fiction work.

She moved around frequently, retreating to friends' homes to write. She used her experience in Los Angeles working on various pilots as research for Nathaniel's character, and relied on a friend's expertise to capture the details of working nine to five for a tech company.

While researching the mechanics of jewellery production, Crosley started her own fake line to make sure she got it right. She even rented out her apartment on Airbnb so she could afford some time at a chateau in Normandy.

While this detail gives *The Clasp* believability within a rather absurd plot, it's Crosley's dry but empathetic wit and observational power that makes this book a real gem.

Sue Carter is the editor at Quill & Quire magazine.



Sloane Crosley has just published her first novel, which revolves around the lives of a group of 30-somethings reunited at a friend's wedding. CAITLIN MITCHELL

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How Adele beat Céline on the charts

25

You don't give heartache away for free in this business

In the Nov. 21 Saturday Night Live sketch A Thanksgiving Miracle, an awkward Thanksgiving is saved when a family's political squabbles are interrupted by Adele's Hello.

As the soaring ballad plays from a clunky old CD player, the family (including Matthew McConaughey in grandpa garb) leaps from their seats for a wind-machine-assisted sing-along.

This week proved it: Adele is someone we can all agree on. On Wednesday, Nielsen reported that Adele's album 25 sold 260,000 copies in Canada alone in just five days, breaking Céline Dion's 230,000 first-week sales record for 1997's Let's Talk About Love.

South of the border, Adele beat out 'N Sync's single-week sales record — in three days — by selling more than 2.4 million copies.

Nielsen has collected stats on first-week sales only since 1991 in the U.S. and 1995 in Canada — we'll never know where pre-SoundsScan blockbusters such as Michael Jackson's Bad would rank.

Supplanting the chest-pounding diva and the heartthrob boy band was a feat considered impossible in a world of music freebies. Here's how she made it happen:

Adele for all

"Adele's music is popular with all demographics," says Anita McQuat, partner at PwC and editor of PwC's Entertainment & Media Outlook 2015-2019. Her diverse fan base means she can afford to overstep streaming. "Many of the older demo-

MUSIC

Adele at every age

What if Adele kept releasing a new album corresponding to her age? We imagine the possibilities.

29

Album: 29
Single: Rolling in the Diapers

37

Album: 37
Single: Rumour Has It the Music Industry Thinks I'm Getting Old

42

Album: 42
Single: I'll Be Waiting for Soccer Practice

69

Album: 69
Single: Thighfall

78

Album: 78
Single: All I Ask Is That You Speak Up

graphic still buy CDs and still pay to download from iTunes or other digital services," says McQuat.

Bye Bye Bye to boy bands?

Though Adele dethroned 'N Sync in the U.S., make no mistake — teenage girls have not abandoned their historic throttle on the music industry. McQuat notes that 'N Sync heir apparent Justin Bieber just charted 17 singles simultaneously on the Billboard Hot 100, breaking a record set by the Beatles.

But people today prefer to listen their ballads as whole albums, while choosing their pop hits à la carte from digital or streaming services.

Off stream

While Bieber may be slamming streaming records, you don't make Adele money by just giving heartache away for free. She famously pulled 25 from streaming, and can you blame her? The Copyright Board of Canada ruled in May 2014 that artists would receive just 10 cents per every 1,000 streams of a song. That's more than 60 hours of music for every dime an artist gets out of the \$24 million Canadian streaming market, calculated by PwC.

As hot as Hello

Lead single Hello, accompanied by its moody Xavier Dolan-directed video has been No. 1 on the Billboard Canada Hot 100 chart for four weeks.

"The outpouring of love for Adele was enormous before people even heard (the song)," says Taylor Jukes, Program Director at Toronto's Virgin Radio. "Once they heard it they fell in love." Jukes, who predicts "Hello" will have legs well into 2016, says the public appetite is enormous. "We try to play it almost hourly if we can," she says. "People want to hear it five, six times during their workday."

Lucky 21

Even more persuasive than a killer first single? An instant classic album owned by 1.5 million Canadians. "When you talk about what they are doing right with 25, you have to go back and look at all of the things they did right with 21," says Nielsen's Bakula. "That's where the base for this was built. When we look at the numbers now for 25 and go, 'These are numbers we've never seen before,' let's rewind back to when we were saying the exact same thing about 21."

TORSTAR NEWS SERVICE



Adele has outsold even the mighty Céline Dion in her first week. JOSIAH KAMAU/GETTY IMAGES

SCREAM QUEENS

Palmer hopes to live another season

Actress Keke Palmer is a little relieved shooting for Scream Queens is over, so she can focus on her music. But that doesn't mean she's about to give us any spoilers. When asked if her character on the Fox horror/comedy satire, sorority girl Zayday Williams, survives to come back for Season 2, all Palmer will offer is an elusive "I hope!" Metro caught up with Palmer to talk her career, music and horror.

You're into fashion, acting, singing — which one is your main passion?

I love them all. But I just fin-

ished Scream Queens and I'm getting ready to do Grease with Fox, but that's a bit more leisurely in the beginning, so now my focus can be on my music. I have the time to really work the way I want to work, since I don't have to be on set. So my main focus is finishing my album and just really getting the right sound.

Who are your biggest music



influences?

Brandy is one of the biggest.

Of course, Michael Jackson — he's everybody's influence. Aliyah, TLC, Mariah Carey, always been a big fan of hers. For people now who inspire me — Drake.

He's very talented and he's no one genre. It doesn't matter the type of genre you listen to, you can hear his music and enjoy it. Same with The Weeknd. RACHEL VIGODA/METRO IN NEW YORK

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4

REASONS TO WATCH THE WIZ LIVE!

To transform The Wiz yet again, this time into a live TV extravaganza, is anything but easy. For weeks the star-studded cast (including Elijah Kelley, Ne-Yo, David Alan Grier, Mary J. Blige, Queen Latifah and newcomer Shanice Williams as Dorothy) has mustered at New York's Long Island's Grumman Studios. In free moments, they look ahead to their one-night-only trip to Oz on NBC, Dec. 3, 8 p.m. EST **THE ASSOCIATED PRESS**

BRIDGING THE RACIAL DIVIDE

Why The Wiz?

"The Wiz is a cultural touchstone in the black community, with an emotional connection we didn't really know about until we were doing it," says Neil Meron, who is producing the show with longtime partner Craig Zadan.

"Bottom line: The Wiz is phenomenal entertainment, and even with the racial divide at its highest point in decades, we want to put that on pause and do something for the family and for the spirit, and have a great time."

MAKING YOUR DREAMS COME TRUE

A timeless message

Elijah Kelley (who plays the Scarecrow): "Understanding the ability to conquer your fears is one of the things that propels you to any success you desire. That's what The Wiz is about."

Singer-actor Ne-Yo (the Tin Man): "Everybody thinks, 'I'm not pretty enough,' 'I'm not thin enough,' 'I'm not this-or-that enough.' But none of that is true. The Wiz teaches you that everything you need to make your dreams come true is already there inside you."



SOMEONE'S GOT ANTS IN HIS LION PANTS
"I'm 'anticipatious,'" says David Alan Grier. "I'm anticipating the anticipation. But that's GOOD nerves. We'll be ready!"

THIS ISN'T HER FIRST YELLOW BRICK ROAD

In Dorothy's shoes

Shanice Williams, a 19-year-old New Jersey native chosen from hundreds of hopefuls, had already appeared in her middle-school production of The Wiz scoring the part of the Good Witch of the North. "But when there was an open call for the TV production, I went, just for the learning experience," she says. "Then they kept calling me back and calling me back. There was finally a point where I was like, 'Hold on! I might actually get this.' Now I'm having the time of my life!"

HE AIN'T HEAVY, IT'S HIS COSTUME

Men in suits

Actor-comedian David Alan Grier (on his Cowardly Lion getup): "It is SO very hot, sir! I'm a fuzzy stovepipe!"

Ne-Yo (on his Tin Man costume): "It's 30 or 40 extra pounds. And it doesn't breathe!" Elijah Kelley (on his Scarecrow duds): "The costume isn't heavy, but I have to always stand like this," and he demonstrates an aching, inducing bandy-legged posture. "What I don't have to deal with in my costume, I make up for with muscle contortion."

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GOSSIP BRIEFS

Wu-Tang album sells for millions

The only copy of the infamous Wu-Tang Clan album *Once Upon A Time In Shaolin* has been sold at an auction to a secret bidder.

Auction house Paddle8 sold the record to an American buyer for an undisclosed sum that was "in the millions," reports The Los Angeles Times. Contractual



The one-off Wu-Tang album in its artist-designed box. AFP

tual restrictions mean the record's new owner will not be able to release any of the

music commercially for 88 years.

The 31-track album was completed in 2013 and has been stored in a vault in Marrakech, Morocco, in an engraved silver-and-nickel box designed by the artist Yahya.

The music is shrouded in secrecy but the group has revealed that it features a guest appearance from singer Cher. AFP

Cobain makes Heck of a debut

Kurt Cobain is back in the charts following the release of *Montage of Heck: The Home Recordings*.

The record starring the late Nirvana frontman has debuted in the No.1 position in the Billboard Soundtracks chart, Billboard reports. It has also entered the Alternative



Albums chart at No. 6 and is currently placed No.11 on Top Rock Albums and No.121 on the Billboard 200.

The album was created to accompany a documentary of the rocker's life, *Kurt Cobain: Montage of Heck*, released this year. It features previously unheard material, including a cover version of The Beatles' song *And I Love Her*, alongside 12 other tracks. AFP

EXPANDING HER BRAND

Beyoncé steps up fashion game

Beyoncé Knowles is working with British retail tycoon Sir Philip Green on her own clothing brand.

Set to debut next spring, the fashion range will go on sale in 20 countries around the world.

As head of the Arcadia Group, Sir Philip Green owns a host of fashion retailers including Topshop, Dorothy Perkins, Burtons and Miss Selfridge.

The partnership is a concerted effort to take a bigger slice of the global 'streetwear' market — sneakers, athletic,

casual clothing and accessories.

News that Beyoncé was considering a move into fashion first surfaced at the end of 2014 when it was revealed she'd held discussions with Green regarding the creation of a new global clothing company — Parkwood Topshop.

However, there had been no statements



from either party until Wednesday when Arcadia Group's parent company gave a profit update and issued an official statement confirming that "We are developing our distribution globally for the launch of this exciting new brand in spring 2016." AFP

ALL MY CHILDREN

Popular daytime soap star dies

Longtime soap opera actor David Canary, best known for his role as twin brothers on *All My Children*, has died at age 77.

Canary died of natural causes on Nov. 16 at his home at The Greens at Cannondale in Wilton, Connecticut, Paul Pyrch of the Bouton Funeral Home said Wednesday.

Canary's career spanned more than five decades, with appearances in the films *Hombre* and *Saint Valentine's Day Massacre* before earning recurring roles on *Peyton Place* and *Bonanza*. In December 1983, he joined the cast of *All My*



Soap star David Canary ABC/THE ASSOCIATED PRESS

Children as twins Adam and Stuart Chandler. Playing the brothers — one evil and the other good-hearted — he acquired fame and five Daytime Emmy Awards.

"For more than two decades David Canary defined daytime drama on ABC," the network wrote in a statement Tuesday. "Our hearts go out to his family and we mourn his passing."

Canary shunned the spotlight and preferred to live quietly with his wife and family.

He is survived by his wife, two children and a grandchild.

THE ASSOCIATED PRESS

Cambodian fest has friend in Angie

ANGELINA JOLIE

Big star draws focus to rebirth of nation's film industry

The little-known Cambodia International Film Festival is getting a star-powered boost this year from Angelina Jolie Pitt.

The Hollywood star, who is currently in Cambodia filming her latest movie, will serve as president of the festival's honorary committee, organizers said.

The festival held in the capital, Phnom Penh, runs Dec. 4-10 and is screening 130 films from 34 countries.

"Cambodia's rich history, long culture and talented people mean it has a huge amount to offer the region and the world," Jolie Pitt said in a statement issued Tuesday by the festival. "I'm proud to support the Cambodia International Film Festival and Cambodia as a home for vibrant and innovative filmmaking."

Festival adviser Cedric Eloy, head of the Cambodian Film



Angelina Jolie Pitt, UN High Commissioner for Refugees special envoy and co-founder of the Preventing Sexual Violence Initiative, visits Jan Mai Kaung refugee camp in Myanmar. HKUN LAT/THE ASSOCIATED PRESS

Commission, said Jolie Pitt's role would provide moral support and help "bring attention to the rebirth of the Cambodian film industry."

Cambodia's film industry was devastated by the murderous reign of the Khmer Rouge in

the 1970s.

Jolie Pitt is currently filming an adaptation of a Khmer Rouge biography, *First They Killed My Father*, based on a 2000 memoir by Cambodian author and human rights activist Luong Ung. THE ASSOCIATED PRESS

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What they're asking

Single-family homes are becoming harder to find, especially in the larger markets. Condos fill the need for growing cities, but if you want to start a family, there's nothing like a backyard. A two-bedroom house is a modest size for a growing family — here is a selection of unique homes on the market this week.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$699,900

Winnipeg

This architecturally designed and custom-built residence at 326 River Rd. in St. Andrews has a main-floor great room with panoramic river views, a spacious dining room with river and garden views, and birch floors. The eat-in kitchen has a breakfast nook and gas cooking range. There's a main floor powder room and four-piece bathroom and interior access to the three-car garage. Kenneth Clark is a sales representative with Realty Executives Premiere, 204-957-1007.



\$679,900

Toronto

Here's a semi-detached home in Leslieville with two-car parking and overlooking Greenwood Park. The renovated kitchen has concrete counters and the living space features a fireplace and exposed brick. There's an updated main bathroom, finished basement with recreation room and a three-piece bath. The property features a private drive and garage with a patio and gardens. Listing agent Audrey Azad is with RE/Max Hallmark Realty, 416-699-9292.



\$699,900

Halifax

For sale is this unique oceanfront home with commercial opportunities. The contemporary home was custom-built with a massive front deck and towering windows overlooking St. Margaret's Bay. The spacious birch kitchen opens out to the great room with soaring ceilings, a gas fireplace and floor-to-ceiling windows. The downstairs offers almost 2,000 sq. ft. of potential living space. Listing agent is Thomas Bagogloo from the Bagogloo Team, RE/Max nova, 902-830-9006.



\$459,900

Calgary

This former bungalow show home includes upgrades such as vaulted ceilings, built-in cabinets and a three-sided fireplace. The main floor offers a good-sized kitchen with an island, pantry and nook. The master bedroom has a full en suite with soaker tub and walk-in closet. It's close to green spaces, shopping, schools and transit. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-08374.



\$1,449,000

Vancouver

This cute single-family home is located on the Main Street corridor with a 4,000-sq.-ft. building lot, offering lots of potential for new construction. With a walk score of 75 and a bike score of 100, it's only two blocks to Queen Elizabeth Park and one block to Cartier Park. The location is close to all the Main Street amenities. Listing agents Shawn Anderson and Michael Rampf are with RE/Max Crest Westside, 778-229-6461.



\$365,000

Edmonton

Here's a half-duplex for sale in Sherwood Park. The main floor has a two-piece washroom. The great room has a built-in TV cabinet above a gas fireplace. The kitchen has dark cabinets with tile backsplash. There's a fully fenced backyard with gas barbecue hookup. Two large master bedrooms each have walk-in closet and four-piece en suite. Sara MacLennan is a sales representative with Liv Real Estate, 780-486-8655.



\$650,000

Ottawa

This home in Lindenlea is zoned commercial with three units in total: Two large residential apartments and one commercial space is included. The building exterior is brick with wood shingles on a 27' x 65' lot. Listing agent Paul Jackson says this is a rare opportunity to own one of New Edinburgh's most iconic properties. Jackson is a sales representative with Royal LePage Performance Realty, 613-238-2801.

Deck the tree

Karl Lohnes
For Metro Canada



The Christmas tree is the focal point of your home for the next few weeks. Just as friends cast judgment on your outdated throw pillows or wall colour, the tree will also come under scrutiny — so get it right.

Hunting for this season's best artificial Christmas tree, I found the perfect one from Canadian Tire. Here's a few of their best holiday tree-trimming accessories and some rules to ensure a fabulous centrepiece to your home this season.

Colour trends

Look for the three big trends this year: layers of blue, warm metallic colours, and grey tones. Each colour helps to create a different mood when decorating: Blues give off a retro vibe when teamed with red and



Blue

Layering many tones of blue ornaments will give you a visually simple but interesting scheme.

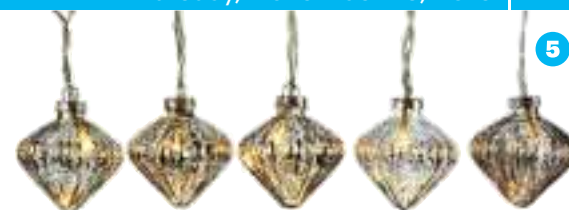
- 1 Canvas Arctic Teal Wide Glass Finial Ornament, \$5
- 2 Canvas Arctic Teal Peacock Ball Ornament, \$4.50



Gold

All tones of gold help to create a luxe look on the tree this year.

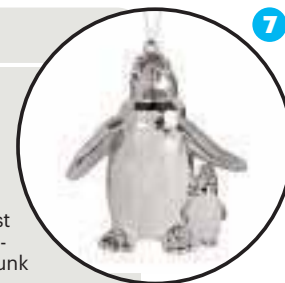
- 3 Canvas Gold Spike Ball Ornament, \$5.50
- 4 Canvas Gold Glass Peanut Ornament (set of 3), \$4.50



Grey

Mix with silver and black to create a sophisticated look.

- 5 NOMA Distressed Glass Lighting (10-set), \$17
- 6 Canvas Silver Flower Patterned Glass Ball Ornament, \$5
- 7 Canvas Silver Metal Penguin Ornament, \$3



+ QUICK TIPS

How many ornaments should I hang on a seven-foot tree?

250 ornaments (35 ornaments per linear foot of height is a general rule).

What should I look for in an artificial tree?

Look for trees that are realistic in colour, have at least two different style of branches, are pre-lit with an adequate amount of warm-white lights, and that the trunk is covered to have a natural bark look.

How many lights should adorn a seven-foot Christmas tree?

700 lights (100 lights per linear foot of height).

Best artificial tree: Canvas Oxford Liberty Pre-Lit Pine Christmas Tree, 9 ft., \$580, CanadianTire.ca



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Beauty is in the details

METRO SPACES

Go green on the inside while it's cold outside

While snow may be on the ground, you can still look for ways to go green. Small changes around your home can have a big impact on others and the environment. TD Friends of the Environment Foundation shares five creative ways to be kind to the environment this winter.

- Give old items a new life: If the weather outside is frightful, stay inside to clean out closets, storage areas and junk drawers. Instead of throwing unwanted items in the trash, look for ways to reuse or recycle. Donate usable clothes, cut up old T-shirts to use as rags and give old furniture new life with a fresh coat of low-VOC paint. Want to get creative? Consider making bookshelves from painted eavestroughs and turning old

shutters into wall art.

- Get cozy: Put that ugly holiday sweater to good use. Layer up to keep warm and lower the thermostat by a degree or two to save energy (and money).
- Go DIY with home cleaning: With the windows shut tight, there is no better time to try homemade cleaning supplies. The best part is that many of the basic ingredients needed can often already be found at home, including baking soda, lemon juice and white vinegar. Pass on the paper: Go digital when it comes to books, movies, music and magazines and send greeting cards and gift cards electronically to reduce waste.
- Bring the outside in: Add a splash of green and improve the air quality inside your home



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with houseplants. Interested in tackling a larger project? Create a vertical garden that's filled with a variety of plants.

Don't forget to create an electronic to-do list and set up weekly or monthly reminders to keep your projects on track.

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Getting your home ready for winter

Cold-weather season is setting in and homeowners are getting ready for winter. If you've just bought your first place, there are a few things you need to know about making sure it's ready for winter, so you and your family stay warm and your home stays well-maintained.

There are a few key things homeowners can do to maintain their homes, says Mike Renaud, store manager of The Home Depot Canada, Calgary Southeast store.

- Maintain your roof: "A well-maintained roof keeps the warm air in and cold air out," explains Renaud. "Being proactive now, with repairs and maintenance, will prevent larger issues in the spring months."

Small leaks can cause major problems. Even if the leaks aren't bothering you directly right now, fixing them now can prevent mold, rotted framing and other water damage that can be a major expense down the line.

Remember to check and examine if there are any leaks, ventilation issues, or insulation deficiencies.

- Install door sweeps: This simple, inexpensive fix will help you save around 20 per cent on heating and cooling bills by preventing air from leaking in and out through the cracks under your door.

Air leaks through the bottom of doors are common in older homes. "A door sweep



SHUTTERSTOCK

is easy to install with a few simple screws," says Renaud.

- Prep drains for winter: Get your home ready for when the snow on your roof melts in spring and causes major run-off. Add a downspout extension to your current drainage system.

"Come spring, melting snow should be directed at least three to four feet away from your home's foundation," says Renaud.

Also make sure your exterior faucets have been turned off to avoid burst pipes.

— Stephanie Orford

Some elevated style comes to Winnipeg

Some condos are head and shoulders above the rest. 62M near downtown Winnipeg is one of them.

Developed by a partnership of Ranjjan Developments and Green Seed Developments, the building is raised, providing residents the best possible vantage point of downtown Winnipeg.

"In order to get the views and exposure, we designed the building to be raised, so when residents are inside they'll be able to enjoy a wide-angle view of the city," explains Rocky Kalsi of Ranjjan Developments. "We wanted our buyers to have the very best view possible."

The uniquely-designed building is now under construction and about 75 per cent complete, and will be move-in ready for early 2016.

"We're getting a lot of young professionals, singles or couples, and some empty-nesters," says Kalsi. "It's a real mix of everyone who enjoys living centrally in

a distinctively designed building that reflects their personality and sense of style."

The development was created to deliver an incredible experience for those who enjoy urban living. Located on Waterfront Drive near Winnipeg's Exchange District, 62M is walking distance from downtown and The Forks.

The disk of condominiums on two floors is held up by a central elevator shaft. Each home measures approximately 608 square feet and features 20 feet of floor-to-ceiling windows and 180-degree views over Winnipeg's cityscape and green space.

Homes start at \$202,900, and come in one-bedroom and one-bedroom-plus-den layouts, and buyers can purchase with just five per cent down. 62M is also one of the few new developments where parking is included in the purchase price.

Amenities in the development are distinctive, including the building's private



CONTRIBUTED

2,000-square-foot outdoor terrace, exclusive to residents, where you can go to get an even better view of downtown.

If you're living at 62M, you'll be able to take your pick of shopping and entertainment. The galleries and shops of the historic Exchange District are just a short

walk away.

Green space and recreational activities aren't far either. Step out your front door and stroll the nature trails of the nearby waterfront parks — perfect for a sunny December afternoon.

Discover more at 62m.ca.

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BRINGING GENERATIONS TOGETHER

BRIDGWATER OFFERS WINNIPEG A UNIQUE VISION

For the past several decades, new housing developments in Winnipeg meant row upon row of single-family, oversized stucco homes whose most prominent feature was a garage in the front and shutters in the windows.

Oh, how the times have changed.

“Our vision really was to create a sense of community which included increased density and diversity of housing and encouraged healthy living,” says Dwayne Rewniak, Executive Director of Housing Delivery and Land Development for Manitoba Housing, which is developing a unique new community in south Winnipeg.

Bridgwater Trails, the final neighbourhood in the Bridgwater quartet of communities, is now being developed and there truly is something for every generation.

“Yes, there are single family homes, but many are on smaller lots, and we really promote a wide range of housing options in the neighbourhood,” Rewniak says. “Some lots have back lanes, which is a feature that hasn’t been seen in new developments in decades. Houses have garages, but they’re recessed so you see a line of homes on the sidewalks, not a line of garages.”



“If you’re just starting out, we’re planning spacious rental housing in the neighbourhood. When you become a little more established, there are smaller homes at a more affordable price point. There are bigger homes for when your family grows, and if you’re downsizing or retiring, there’s a nice selection of town homes and condos.”

It may sound cliché, but there really is something for everyone. And the development has strict architectural provisions, said Rewniak. This means no repeating home designs and only stucco features.

“We encourage a variety of building materials, whether it’s brick or siding or stone or other materials, it’s not the same stucco home over and over.”

But inside the homes, builders focus on open spaces, bright features and well-designed rooms that welcome families.

A central fountain located in each of the three residential neighbourhoods and paved trails connecting to the town centre will complete the neighbourhood.

“We want families of all kinds and sizes to find a place here.”



CONTRIBUTED

Bridgwater Centre a town in the city

Connecting Bridgwater Trails, and its sister communities Bridgwater Forest and Bridgwater Lakes, is Bridgwater Centre, a truly unique town centre concept simply not found in most modern developments.

Modeled after award-winning developments found in the likes of Calgary and Kelowna, the town centre provides a focus and amenities for the surrounding Bridgwater communities.

So far, a Red River Co-op gas bar has been built, and Save-On Foods announced they will be opening a grocery store in the centre as well.

“That was big news for us,” says Dwayne Rewniak, Executive Director of Housing Delivery and Land Development for Manitoba Housing. “They’re going to be a big anchor for the development. Construction has started and having a grocery store nearby will be fantastic for residents.”

The town centre will be a mix of retail, commercial, office and multi-family hous-

ing, said Rewniak.

But nothing is slapdash in the new town centre. Businesses moving into the area will have architectural guidelines to adhere to, just like the houses being developed in the adjacent neighbourhoods.

“It’s all designed to have a certain look and feel,” Rewniak says.

“It will be very pedestrian friendly. We’ve got 30 kilometres of paved trails throughout the development, and they do wind through the town centre. Nothing is more than a walk away.”

Rewniak said the centre will also feature plazas and places to gather.

“We understand of course that people will be using their cars, but we do want to make it as easy as possible to encourage walking and biking, as well.”

There will be more than 1,000 multi-family housing units in the town centre area alone, providing support for retail and shops nearby.



CONTRIBUTED

And transit is never far away, says Rewniak.

“The goal is to make this a thriving, community-minded neighbourhood.”

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Vibrant Bridgwater still the right MIX

When you're buying a new home in Winnipeg, the Bridgwater area is one to watch in the city. It continues to be the fastest-growing in Winnipeg, which comes as no surprise to anyone acquainted with its vibrant neighbourhoods.

The MIX Condominiums, a landmark development in Bridgwater Forest, is already well into construction on its second phase — which is now open for pre-sales. Select first-phase suites remain for quick possessions.

Getting into Phase II early is worth it for best selection of available units, best prices, and the limited-time offer to meet with a designer to truly personalize your new home. Pre-sales for the MIX Phase II launched this week, and are being conducted on a first-come, first-serve basis.

While construction on the nearby amenity, Save-On-Foods, is on the horizon, The MIX Condos responds with another 56 units available in its second and final phase, which will be steps from the neighbourhood's upcoming commercial town centre.

Three new floor plans just released at The MIX mean there's something for everyone at this development — and designs were created

in response to feedback from the first phase. The Cobalt is a play on the two-bedroom, one-bathroom Indigo plan, with an additional half-bath included. The Scarlet, the largest floor plan, spans up to an impressive 1,278 square feet, and offers three bedrooms, two bathrooms and an extra-long kitchen island.

In this new phase, premium upgrades like vinyl plank flooring, quartz countertops, stainless steel appliances, and parking are all included. Early purchasers will get an exclusive opportunity to meet one-on-one with an in-house interior designer to custom-select the finishing touches for their home.

Other popular features of The MIX are carried over from the first phase, including the lofty nine-foot ceilings, private balconies, and built-in upgrades. The building is also pet-friendly.

When you're looking for exercise or entertainment just steps from your door, The MIX Phase II shares access to an amenity space with the first phase, which includes a gym and billiards room with kitchenette.

With its convenient, southwest location, well-connected paths trailing the forests and lakes, and destination-worthy commercial de-



CONTRIBUTED

velopment on the way, there's no better time to get into The MIX in Bridgwater.

Visit themixcondos.ca for more information.



Welcome to The MIX Condos' final phase, which features more of what you wanted: south exposures, 9-foot ceilings, private balconies, and fully upgraded design packages.

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Black Friday deals start early

SHOPPING TIPS

Online and in-store sales may already be available

Tanya Enberg

Slashed prices on electronics, clothing and sports gear top the lists of many Canadian Black Friday shoppers — and it's becoming easier than ever before to snag the best deals available, say the pros.

"Stay social," advises Satish Kanwar, director of product for the e-commerce site, Shopify, used by more than 175,000 merchants across the globe.

"Your friends love posting about great Black Friday deals just as much as stores do. Lots of online stores also allow users to share their shopping experiences directly from the site, or tweet out must-have

items. Shoppers should monitor their newsfeeds and timelines to make sure they're not missing out on any great deals."

Sharon Giraud, a business consultant in Mississauga, Ont., is a savvy Black Friday devotee. Among the goods she will be watching for is software, clothing, tech gadgets and cooking items.

"I check online and in store in advance to see what the prices are," says Giraud, 49, who prefers shopping virtually to avoid in-store crowds.

"You can often jump online at midnight and get the deals before stores even open. If it's something like shoes or clothing, I try it on in advance so I am certain the sizing is right."

Additionally, Giraud makes a habit of asking staff at the stores where she shops about future markdowns, especially as a number of businesses start cutting prices before the arrival of Black Friday.

Striking early is smart move, agrees Kanwar.

"More and more, retailers



Black Friday has become the unofficial start of the holiday shopping season, with thousands of Canadians taking advantage of online and in-store sales. SHUTTERSTOCK

are offering sales in advance of Black Friday to ramp up excitement for one of the busiest days of the year," he says.

"Be sure to keep an eye out for the inevitable early sales."

Diane J. Brisebois, president and CEO of the Retail Council of Canada, says homegrown

merchants are stepping up their online game, and Canadians are taking notice.

"What we heard from the great majority of retailers who were active in promoting Black Friday (last year) was about the growth in online shopping," Brisebois says.

BEFORE HEADING OUT

- Make a list
- When cross-border shopping, calculate exchange rates and shipping costs before ordering
- Understand the currency being used online
- Take advantage of promo codes
- Shop with retailers you know and trust
- Research the return policy. Policies can range from store-only credit to full refunds or a final sale with no refunds

"They were shocked — it was double digits."

Brisebois points out that more merchants are setting up virtual stores, resulting in a highly competitive atmosphere and boosting interest among buyers looking for value from the comfort of their own homes.

Rooted in the U.S., Black Friday is still a relatively new concept in Canada. It first began appearing here in 2008, and the idea is gaining momentum with some consumers.

It is now considered one of Canada's biggest shopping days of the year, with tech items in the highest demand, as well as

other pricier fare, such as parkas, footwear, jewelry, skates and ski equipment.

Brisebois suggests setting a budget, shopping around, downloading apps to price compare, paying with debit, and only using credit if the card provides real benefits.

Meantime, Kanwar says that loyalty pays off with favourable early-bird discounts and insider news.

"You're probably also on a few stores' email lists already from past purchases — and it's likely they will tell you first about their upcoming discounts or deals," he notes.

TECH HELP

Bargain hunt? Apps for that

'Tis the season for gift-giving, so why should you spend more than you need to?

Whether you're shopping for family, friends or colleagues (or hey, even yourself), your smartphone can be an invaluable companion as you wander the aisles at your favourite retailer or shop online (or a bit of both).

In fact, a number of free apps can help you save cash by telling you if what you're about to buy is a good deal or not.

Flipp

You know those flyers you receive at your door each week? Consider Flipp a much better way to flip through all of them — and with no mess to clean up afterwards. Available for smartphones and tablets, simply use your fingertips to browse stores near you or select what retailers matter to you — whether it's an electronics store, clothing chain, home decor outlet, and so on — and you'll be able to see the latest flyers that showcase new products and sales. Clip favourites, see (and use) coupons, press and hold on a product to read reviews, add items to



your shopping list, see discounted items only, and much more. Flipp also works for buying groceries all year round.

Ebates

Why just save money when you can make money? That's the idea behind the free Ebates app, which pays members cash back every time they shop online through participating retailers. Sign up for a free account and then every time you shop at one of the supported stores (and there are many) you'll start earning cash that can be sent to you via cheque, deposited into a PayPal account, or donated to a charity of your choice. Each

store offers a different cash back percentage. Ebates says stores pay them a fee when customers use the app, and Ebates shares a portion of the fee with the user. The app also offers exclusive deals, as well as sales and coupons, too.

eBay/Kijiji

Don't forget about on-

line marketplaces, such as eBay, with a newly-updated app for iOS, Android and Windows. Despite its 'online garage sale' vibe when it first launched, most goods on eBay are brand new, says the company. And you don't have to bid on items if you're not into auctions, as many items can be purchased outright. If you prefer to buy local and with cash (and avoid shipping charges altogether), try visiting classifieds sites via an app or browser, such as Kijiji and Craigslist.

RetailMeNot

One of the most popular coupon sites and apps, RetailMeNot offers more than 500,000 coupons that can be redeemed at more than 50,000 brick-and-mortar and online stores in North America — so chances are you'll find what you're looking for after typing in a product name in the search window.

For instance, there was a coupon code to buy the Roku Streaming Stick for \$20 lower than the regular sticker price and 25 per cent off Roots clothing. Each coupon shows you when it was used last, user comments, and more. Also consider apps from Shop.ca, Checkout 51, InstaCoupons, and ShopToIt.

MARC SALTZMAN

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SATURDAY**

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6:00 – 8:00 PM

SUNDAY

12:00 – 2:00 PM
3:00 – 5:00 PM

DECEMBER 24

12:00 – 3:00 PM

Photo by
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Photography

GARDEN CITY
SHOPPING CENTRE

WELCOME TO
Santa's
LIFE



Shoppers take advantage of Black Friday sales at Macy's in New York City. GETTY IMAGES

Black Friday is 'here to stay'

HISTORY OF

The shopping extravaganza is now pretty much on par with Boxing Day

Vawn Himmelsbach

A decade ago the concept of Black Friday didn't exist in Canada. But over the past five years it's picked up steam, becoming a part of the Canadian shopping psyche — almost as much as Boxing Day.

In the U.S., Black Friday follows Thanksgiving Day, which always takes place on a Thursday at the end of November. The tradition dates back to 1924 when Macy's held its first Thanksgiving Day Parade (on Thursday), which kicked off the holiday shopping season (on Friday). The term "Black Friday" was coined in the '60s, referring to retailers moving out of the red and into the black.

Canada, of course, celebrates Thanksgiving in October, so Black Friday doesn't fall on

a holiday here. Yet it's still become a popular shopping event.

"The tipping point of when it became an important holiday to retailers is when it became an important holiday for consumers," said Michael LeBlanc, senior vice-president of marketing and digital retail with the Retail Council of Canada.

Over time, more U.S.-based retailers have opened up shop in Canada, lending publicity to the event. "But really what sent the tipping point over was when the dollar was at par," said LeBlanc. So many consumers started shopping on Black Friday — south of the border or on U.S. websites — that Canadian retailers started paying attention.

It was a "defensive-offensive" strategy, he said, adding that cross-border shopping takes about \$8 billion out of the Canadian economy each year.

But it was also seen as an opportunity, since it's a time when Canadians have shopping on the brain. "Last year was probably the biggest milestone because retailers had fully adopted it into their promotional calendars," said LeBlanc.

"It's probably within the last five years that it really caught fire on this side of the border," said Kelly Askew, managing director of retail strategy with Accenture. Initially there was a growth spurt, but the numbers have levelled off, with 61 per cent of Canadians indicating they would participate in Black Friday in 2013 and 2014. This year, that number is 60 per cent, according to Accenture's holiday shopping survey.

"Canadian retailers have fully embraced Black Friday and people aren't dependent upon driving across the border to the U.S. or shopping online at U.S. sites," said Askew. "It's interesting to note slightly more Canadians plan to shop on Boxing Day than on Black Friday, but they think they're going to get better deals on Black Friday."

Canadian retailers have jumped on the opportunity to move December shopping into November, he said, giving them more confidence in their numbers as they near year's end — as opposed to relying entirely on Boxing Week.

It's also become a cultural phenomena — Askew has seen Black Friday deals in Europe and as far away as the Philippines.

Hot tech finds for Black Friday



Marc Saltzman

'Tis the season to buy tech toys, whether it's to gift over the holidays or treat yourself to something you've had your eye on.

Retailers are looking to spur sales on "Black Friday" — which takes place on Nov. 27 — including advertised discounts on many consumer electronics products.

"The popularity of Black Friday shopping continues to grow and each year Canadian retailers are responding with enticing promotions," says Jason Anderson, senior vice president of Marketing at Cadillac Fairview. "Electronics are among the top-selling items within our properties, so the deals are there, and savvy shoppers are taking advantage of the savings."

"On such a busy shopping day, consumers need to be strategic, test, scout and do product research ahead of time so they can identify what they want and where to get it quickly especially when it comes to the hottest tech products that are sure to fly off the shelves," suggests Anderson.

Look no further than below for a glimpse into some of the best Black Friday deals on gadgets, gear, and games.

Toshiba 55-Inch 1080p 60Hz LED TV (55L310U)
Regular price: \$699.99
Black Friday price: \$499.99
Retailer: Best Buy

If you've been saving up to treat yourself to a big-screen TV, Best Buy is offering a 55-inch Toshiba LED TV (model #55L310U) for \$200 off the sticker price — and throwing in one year of Geek Squad 24/7 online support, should you need it.

This 1080p HD television enjoys LED backlighting, 60Hz

refresh rate and a 1000:1 contrast ratio for deep blacks and more vibrant colours. Along with the twin 8-watt speakers, this television features DTS TruSurround for a more immersive sound experience in your TV shows, movies, games and sports.

Monster iSport Bluetooth Wireless In-Ear Headphones

Regular price: \$119.99
Black Friday price: \$59.99
Retailer: The Source

Active types will tell you four problems with the earbuds that ship with your smartphone: the audio quality is less than desirable; they're not sweat resistant; the cord gets tangled up; and they fall out of your ears too easily.

Instead, the Monster iSport Bluetooth Wireless In-Ear Headphones resolves all of those issues: they offer superior sound; they're sweat-resistant; they wireless connect with your smartphone; and they're designed to stay in your ears comfortably and securely. An integrated microphone means you can take a call if one comes in.



Canon EOS Rebel T5 Camera w/18-55mm IS III Lens

Regular price: \$499.99
Black Friday Price: \$329.99
Retailer: eBay (eBay.ca/BlackFriday)

Don't take lousy photos with your smartphone when you can capture life's memories in much better quality. eBay has a Black Friday sale on the Canon Rebel T5 for up to 58 per cent off. Ideal for amateurs and hobbyists, this digital Single Lens Reflex (dSLR) camera includes an EF-S 18-55 millimeter lens for you to capture dazzling photos and shoot HD movies right out of the box.



iRobot Roomba Vacuum Cleaning Robot (780)

Regular price: \$699.99
Black Friday price: \$449.99
Retailer: Best Buy

Who wouldn't want their home vacuumed by a robot? Especially if you can just "set it

and forget it" — to borrow the quote from infomercial guru Ron Popeil. On sale for \$250 off the usual price at Best Buy, the iRobot Roomba 780 can move about your floors to suck up 98 per cent of dirt, crumbs and pet hair off carpet, hardwood, tile or laminate. Simply plug in the iRobot to charge it up, turn it on and let it navigate around your space to do its job — unless you want to use the bundled remote to take control.



Fitbit Charge HR Fitness Tracker

Regular price: \$179.99
Black Friday price: \$149.99
Retailer: Multiple stores

If your New Years' Resolution is to get rid of that spare tire once and for all, the Fitbit Charge HR Fitness Tracker might just be the motivator you need — and it's available for \$30 off at multiple retailers on Black Friday (an exclusive blue model is on sale at Best Buy only from Nov. 27 through 30). This wrist-mounted bracelet lets you set a daily goal — such as a certain number of steps taken, distance traveled or calories burned — and the lightweight and water-resistant wristband will keep track of your daily progress. As the name suggests, the Fitbit Charge HR can also read your heart rate. Along with info on the small screen, this Fitbit also wirelessly syncs with your phone or tablet.

Acer Iconia 7-Inch Tablet (16GB)

Regular price: \$109.99
Black Friday price: \$89.99
Retailer: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-based Acer Iconia, a 7-inch white tablet available at The Source for \$20 off the regular price.

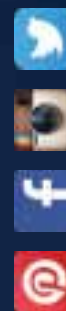
Fast and light, and with a high-resolution display (1280 x 800 resolution), this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories.



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Seattle Seahawks running back Marshawn Lynch will miss 3-4 weeks after undergoing surgery to repair an injury related to a sports hernia

Grey Cup attracts plenty of action this weekend

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

Get ready to let loose this weekend, Winnipeg: Grey Cup is here.

The 103rd edition of the CFL championship game will be played on Sunday at Investors Group Field but the action really gets underway around the city today. If you haven't already, make plans to take in the fun of the Grey Cup and all the events surrounding the big game.

If you've never been to Grey Cup before or checked out what happens around town in a host city during the week, it is a party not to be missed. Even if you aren't a huge CFL fan, it's hard to not get into the unique spirit of the league and the Grey Cup if you check it all out. Here are some suggested events to consider to make the most out of your Grey Cup weekend.

Touchdown Manitoba — The annual Bombers-hosted party goes Friday from noon to 5 p.m. at the RBC Convention Centre. Always a blast for Bombers fans, this event should be one of the highlights of the weekend as we welcome the CFL to the 'Peg. Book off Friday after-



Brayden Anderson poses with the Grey Cup Wednesday outside of Upper Fort Garry. The Cup travelled in true Prairie style on the back of a Red River Cart to the steps of the Manitoba Legislature to kick off the Grey Cup Festival. DONNA MAXWELL/FOR METRO

noon if you can!

Atlantic Schooners Kitchen Party — This party is hosted by the unofficial 10th team of the CFL, a group hoping to bring the league to the Maritimes. If we know anything about Maritimers, it's that they know how

to party. Check out the East Coast-themed event all weekend at the RBC Convention Centre.

Most other CFL teams are represented as well around town with their own parties including Riderville, Spirit of Edmonton, Lions Den, Stamps House and Tiger Town. These

are what the Grey Cup is really all about. Some are all weekend, others on a particular date so check out the schedule for times and locations.

Sheepdogs and The Trews — There are a number of concerts this weekend, but Fri-

day's event at RBC Convention Centre featuring two of Canada's best rock bands will be one of the best parties of the weekend. If you are more of a classic rock fan, 54/40, Loverboy and Queen City kids play Saturday night at MTS Centre.

The 103rd Grey Cup game — Sure, it might be a bit chilly, but the excitement and atmosphere of the big game is always incredible. The Redblacks and Eskimos provide an intriguing matchup. Get your hands on a ticket and dress warm.

There are also many cool events for young families and children this weekend including the MacDon Fan Experience and Family Zone along with the Nissan Street Festival, both located at the University of Winnipeg campus. The U of W will also be the location of Saturday's Grey Cup/Santa Claus parade which begins at 430 p.m. Sunday's Fan March at noon is also a great idea for all-ages fun.

In addition to all the official events, bars in the city are open until 3 a.m. and should be rocking all weekend with fans from around the country. Throw on your Blue & Gold, party hard, party safely and enjoy a great weekend as we welcome CFL fans from coast to coast to the 'Peg.

SEX

Campbell just fine with his Redblacks scoring off-field

Rick Campbell isn't about to mess with success.

The Ottawa head coach said if scoring off the football field helped his team get to the Grey Cup, he's fine with his players getting lucky this week as the Redblacks prepare to face the Edmonton Eskimos on Sunday in the CFL title game.

Campbell, in his first CFL championship contest as a head coach, offered a brilliant answer when asked the traditional question about pre-game sex at the annual Grey Cup coaches news conference Wednesday.

"It's my job to put guys in the best position to have success, whether that's on or off the field," Campbell said with a straight face. "So I guess I'm going to give advice more than a policy."

"This would probably apply to most of our players and coaches and it mirrors our football team is that the odds aren't good and no one gave you much of a chance but, if you pay attention to detail and you execute and you do it with zest and enthusiasm, anything can happen."

Campbell's deft answer left Edmonton head coach Chris Jones almost speechless.

"How do you top that?" he asked.

THE CANADIAN PRESS

Head coaches keep their players' focus on the grand prize

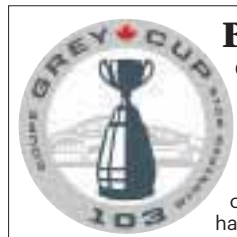


Rick Campbell and Chris Jones at the coaches' news conference on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

They're different personalities, but Rick Campbell and Chris Jones are taking similar approaches to preparing their teams for the Grey Cup game.

The two will make their Grey Cup head coaching debuts Sunday when the Ottawa Redblacks meet in Winnipeg. On Wednesday at the annual Grey Cup coaches news conference, Campbell and Jones said they've told their players to enjoy this week but not lose sight of why they're here.

"If you win the Grey Cup, you're a Grey Cup champion forever and you'll remember it forever so that's where you



Big-game vets

Campbell and Jones are in their first Grey Cup game as head coaches, but both have been here before as assistants. Campbell is making his fourth appearance while Jones is in his sixth CFL championship contest. Campbell has won twice, Jones three times.

want the focus to be," said Campbell, in his second season at Ottawa's head coach. "We're not going to discourage our guys from interacting with fans and enjoying the process but it's got to be about football."

Jones's message was much more direct.

"You assume when you're young that a lot of things are going to happen over and over and over," the Tennessee native said with a noticeable southern

drawl. "There's no guarantee that you'll ever be back."

"We flew in on a plane and that plane's going out so if you act the wrong way (you'll be on that flight out of Winnipeg)."

Campbell and Jones will also field very similar teams Sunday: strong offences anchored by veteran quarterbacks and rugged, pressure defences. Ottawa quarterback Henry Burris, 40, is a finalist for the CFL's outstanding player award after passing for a league-high 5,703 yards while Edmonton is a stellar 9-0 since starter Mike Reilly returned under centre.

THE CANADIAN PRESS



Jets' Anthony Peluso moves the puck in front of Michael Latta, left, of the Washington Capitals in the first period at Verizon Center in Washington, DC. ROB CARR/GETTY IMAGES

Caps' Russians too hot for Jets

NHL

Kuznetsov and Orlov combine to take down Winnipeg

Evgeny Kuznetsov had one goal and two assists and Dmitry Orlov broke a tie late in the second period to lift the Washington Capitals over the Winnipeg Jets 5-3 Wednesday night for their third straight win.

Orlov's third-period goal Monday night gave the Capitals a 1-0 victory over Edmonton. In this game, his slap shot with 3:38 left in the second period beat Winnipeg goalie Michael Hutchinson and snapped a 3-3 tie.

Kuznetsov earned the lead assist on that play and added an insurance goal in the third period. Washington has won eight of its last nine games versus Winnipeg.

Orlov now has scored goals in three straight games after going without one in his first 18 contests. Both of his tie-break-

WEDNESDAY in Wash.



ing goals in the last two games came on left-handed slap-shots. Justin Williams, Alex Ovechkin and Nicklas Backstrom also scored for Washington.

Tyler Myers, Andrew Ladd and Mathieu Perreault scored for Winnipeg. John Carlson added two assists for the Capitals in his third multi-assist game this season. The Capitals created a number of scoring chances in the first period and held a 15-6 edge in shots but the game was tied at 2 after one period.

Williams scored just 1:12 into the game for a 1-0 Washington lead. Myers and Ladd answered with consecutive Winnipeg goals before Ovechkin tied it on a power play with 1:14 left.

Backstrom and Mathieu then traded second-period goals. Perreault, a former Capital, tied

the game for Winnipeg at 3-3 on the power play thanks to Blake Wheeler's screen of goalie Braden Holtby (23 saves).

Meanwhile, Radim Vrbata scored twice, Jannik Hansen once and the Vancouver Canucks held off the Minnesota Wild 3-2 Wednesday night.

Daniel Sedin had two assists, Ryan Miller stopped 30 shots and Vancouver allowed fewer than three goals for the first time in 11 games, winning for just the third time in that span.

Thomas Vanek and Charlie Coyle scored and Minnesota lost for just the second time in 10 home games.

The Canucks have been looking for scoring lately from someone other than Hansen and the Sedin twins. Their line had 13 of Vancouver's 21 goals in the team's previous seven games. Vrbata might be that guy. He's now scored three goals in two games after a nine-game drought and has six goals this season after recording 31 tallies last season. Vrbata got a fortunate bounce to snap a 1-1 tie midway through the second period. THE ASSOCIATED PRESS

PRICE INJURED AS HABS ROUT RANGERS

Montreal Canadiens goaltender Carey Price exited after the second period of a game against the New York Rangers on Wednesday night.

There was no announcement made in the press box as to why the league's No. 1 goaltender left the game. He was replaced by Mike Condon. Price stopped 22 shots

in the first 40 minutes and the Canadiens led 2-1 at the break. They went on to win 5-1.

Price won the Ted Lindsay, Jennings, Vezina and Hart trophies last season and was the first goaltender in NHL history to win all four awards in the same season.

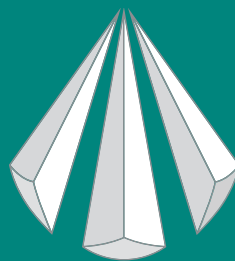
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Carey Price GETTY IMAGES

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PSG, Juventus and Atletico all into knockout stages

CHAMPIONS LEAGUE ROUNDUP

Ibrahimovic nets in special win against his first club

Zlatan Ibrahimovic celebrated his return to his first senior club with a goal as Paris Saint-Germain advanced to the knockout phase of the Champions League on Wednesday while Juventus claimed top spot to qualify from Group D with a 1-0 win over Manchester City.

Ibrahimovic played his first competitive club match at his hometown team Malmö since joining Ajax in 2001. He marked the occasion by netting PSG's third goal, with Laurent Blanc's players thrashing their Swedish opponents 5-0 in Group A.

"I lived a dream tonight, coming back," Ibrahimovic said. "On top of that I scored one. I'm very happy. Since the beginning, there's been a great relationship between Malmö's fans and me."

Bearing the slogan "Je suis Paris" (I am Paris) on their shirts in solidarity with the French capital following the Nov. 13 attacks, Paris Saint-Germain's players secured qualification for the knockout stages with ease.



Cristiano Ronaldo bagged a pair against Shakhtar
GETTY IMAGES

On top of Ibrahimovic's goal Angel di Maria scored twice for PSG, while Adrien Rabiot and Lucas also made the score sheet. Malmö came closest when captain Markus Rosenberg

RESULTS

Group A

Malmö FF 0, Paris St G 5

Shakt Don 3, Real Madrid 4

Group B

Man Utd 0, PSV 0

CSKA 0, VfL Wolfsburg 2

Group C

FC Astana 2 Benfica 2

Atl Madrid 2, Galatasaray 0

Group D

Juventus 1, Man City 0

B M'gladbach 4, Sevilla 2

hit the post with a penalty.

Already qualified before travelling to Ukraine, 10-time European champion Real Madrid conceded three goals in 12 minutes yet still came away with a 4-3 win over Shakhtar Donetsk in the group's other match. Cristiano Ronaldo scored twice as Madrid made sure of finishing top.

In Group B, Manchester United was left frustrated by another lacklustre performance in a 0-0 draw against



Zlatan Ibrahimovic began his career at Malmö and went on to score against them during PSG's successful 5-0 visit to Sweden. JONATHAN NACKSTRAND/AFP/GETTY IMAGES

PSV Eindhoven at Old Trafford. The group remains wide open and will be decided on the final day after Wolfsburg moved to the top of the standings with a 2-0 defeat of CSKA Moscow. Atletico secured its place in the next round with

a 2-0 victory over Galatasaray in Group C and will travel to Benfica to decide first place in two weeks' time. Both teams have 10 points after Benfica recovered from a two-goal deficit to draw 2-2 at Astana.

THE ASSOCIATED PRESS

NFL IN BRIEF

Gifford autopsy reveals brain damage from his playing career

The family of Pro Football Hall of Famer Frank Gifford says signs of the degenerative disease chronic traumatic encephalopathy were found in his brain after his death.

In a statement released through NBC News on Wednesday, the family said he had "experienced firsthand" symptoms associated with CTE but did not offer specifics. Gifford died of natural causes at his Connecticut home in August at age 84.

THE ASSOCIATED PRESS

Rams' receiver Bailey in hospital after being shot

A person familiar with the situation tells The Associated Press that Rams wide receiver Stedman Bailey is in critical, but stable condition after being shot.

The Rams said in a statement they were "aware Stedman Bailey was involved in an incident" late Tuesday. Stedman is a 2013 draft pick out of West Virginia. He is serving a four-game suspension for violating the NFL's substance-abuse policy.

THE ASSOCIATED PRESS

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DAILY TREAT

Winnipeg metro

NBA

Ailing Kerr a catalyst for Dubs' record run

Even though he hasn't been in his usual spot on the bench, ailing coach Steve Kerr has contributed plenty to Golden State's record start. On Tuesday night, his defending champion Warriors routed the Los Angeles Lakers 111-77 to become the first team in NBA history to begin a season 16-0.

Hours earlier, Kerr offered his thoughts — then spent the game behind the scenes still recovering from a pair of back operations as interim coach Luke Walton led the squad to its latest win. It hasn't been

easy to be away as he heals. Kerr's message focused on Golden State's core values: Joy. Mindfulness. Compassion. Competition.

"He emphasized to them how proud he was watching them, because we're hitting all four of those values. The first one and the most important one is probably joy. He wants us having fun," said Walton.

The Warriors surpassed the 15-0 starts by the 1948-49 Washington Capitols and 1993-94 Houston Rockets. THE ASSOCIATED PRESS



Warriors' Stephen Curry, with ball, drives to the basket against the LA Lakers on Tuesday. NOAH GRAHAM/NBAE VIA GETTY IMAGES

RECIPE Zesty Chicken, Red Beans and Rice



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

This hearty, crowd-pleaser is so perfect for a cold, fall night you may not mind so much that winter is coming. Well, maybe that's a stretch, but it's really delicious.

Ready in

Prep time: 60 minutes

Serves 4

Ingredients

- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions

1. Preheat the oven to 350 F.
2. On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture until well-coated.
3. In a large Dutch oven or oven proof pot, heat up the olive oil over medium high heat. Brown the chicken on both sides. Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.
4. Turn the heat down to medium and add the garlic, allow it to soften and become fragrant. Add your beans, tomatoes, stock, corn and rice. Stir. Break up the tomatoes with the back of a wooden spoon. Raise the heat again so that your mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

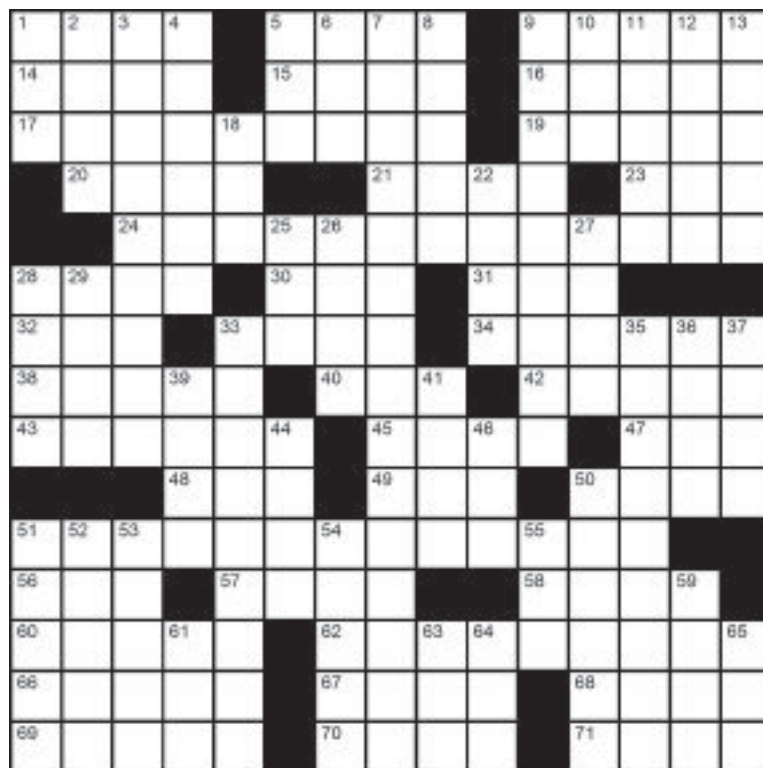
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Noun modifiers [abbr.]
5. Aristocrat of India
9. Lazy __ (Kitchen cupboard upgrade)
14. Throw out
15. __-steven
16. "The Devil Wears __" (2006)
17. Staunch
19. Like a lotus position
20. "How silly __ __" (My bad)
21. Fertilizer component
23. Irish airline, with Lingus
24. Colour choice for a retro-style fridge: 3 wds.
28. Mr. Onassis, et al.
30. Tic-Tac-Toe win
31. Poet's 'atop'
32. Trend
33. __ 'n' Turf
34. Escargots: English
38. Commander played by Lorne Greene on "Battlestar Galactica"
40. U.S. airer of "The Walking Dead"
42. Faultfinder
43. Canadian bathroom tissue brand with the white kittens
45. Comply
47. "Law & Order: __"
48. Cleaning cloth
49. Vegas locale, briefly
50. Coffee table film
51. Specialty of Canadian tour operator



Transat A.T.: 2 wds.
56. "Am __ brother's keeper?"
57. Smudge
58. Mr. Thick
60. Celebrity chef Mr. DiSpirito
62. Relaxingly reflects
66. Robin Hood's

need
67. Spring months
68. Eternities practically
69. "You Shook __ Night Long" by AC/DC
70. Primordial matter of outer space
71. Maple __

DOWN

1. Sit-ups targets
2. __ death (Overuse)
3. Sgt. played by Dan Akyroyd in 1987's "Dragnet", a comedic take on the classic same-named crime

franchise: 2 wds.
4. John of FOX comedy "Grandfathered"- 5. NHL official
- 6. Director Ms. DuVernay
- 7. Bible-inspired 1989 movie by Canadian director Denys Arcand: 3 wds.

8. Cavern
9. Canada's CSIS or Britain's MI6, for example: 2 wds.
10. Prefix meaning 'Tail'
11. TV actress Katey
12. "Have a lovely voyage!"
13. Mother-of-pearl
18. Ms. Winger, to pals
22. Some might be inflated
25. Promissory note
26. A Doll's House wife
27. Donkey's call
28. Outlying
29. Swiss watch manufacturer
33. Item to put lettuce, cucumbers, dressing, etc. in: 2 wds.
35. One installing fibreglass
36. Ms. Tyler's
37. Rabbit-style tail
39. Great Big Sea's "-Mac"
41. "Ten-four." sayer
44. Equal: French
46. Ms. Longoria
50. Canadian professional golfer, Graham __
51. Archie Comics character Mr. Lodge
52. Irish rebel Rory
53. Health club outfit material
54. Scrumptious
55. Tub
59. Reality star Ms. Leakes
61. Mil. officer
63. Tie-__
64. 'Ideal' suffix
65. NNW's opposite

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Demand the best and you will get it. With the Sun moving through one of the most dynamic areas of your chart you only have to snap your fingers for others to come running.

Taurus April 21 - May 21
The pressure you're under may be intense but it's nothing you haven't experienced before and nothing you can't handle. In fact, you will make such a success of it that even your rivals will shower you with praise.

Gemini May 22 - June 21
There are a lot of changes in your world at the moment and some of them are a bit worrying. But no matter how great the upheavals may get you have nothing to fear.

Cancer June 22 - July 23
There is no limit to what you can do. Where work and money are concerned now is the time to push yourself. The effort will pay off.

Leo July 24 - Aug. 23
Romantically and creatively the sky is the limit. The Sun in Sagittarius endows you with massive self-confidence, to the extent that you believe that all things are possible — and your belief will make it a fact.

Virgo Aug. 24 - Sept. 23
Try not to let your emotions get the better of you, because once they start to unravel it's unlikely you will be able to stop them getting entirely out of hand. Whatever the problem is it's not worth getting upset about.

Libra Sept. 24 - Oct. 23
You will want to be on the move today. Realize that you will achieve more if you get out and about and meet as many new people as possible.

Scorpio Oct. 24 - Nov. 22
Know what you want and you know where to find it. If you do then there is a very good chance that you can make it your own. Above all Scorpio, don't listen to those who urge caution.

Sagittarius Nov. 23 - Dec. 21
The Sun in your sign means there is no holding you back. The only danger is that you could take on too many things and not be able to give your best to what is most important.

Capricorn Dec. 22 - Jan. 20
You are under no illusions about what needs to be done. You are smart enough to realize there are no shortcuts. What you're working on demands your full and undivided attention and your very best efforts.

Aquarius Jan. 21 - Feb. 19
You will do something today that turns heads and gets tongues wagging — and you will love every moment of it. But don't neglect those who have stood by during the bad times. Give them some attention too.

Pisces Feb. 20 - March 20
You can take great strides on the work front. Very Important People will be on your side and very soon you could be a VIP yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

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metronews.ca/games





Canadians use more than 1 million plastic bags per hour. Stop the clock and choose reusable.



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Winnipeg Harvest FOOD DRIVE

On Friday November 27, from 11 am to 4 pm donate \$10 or more and be entered to win a pair of tickets to the Big Game.

Or bring in a donation of 3 or more non-perishable food items and enter to win a \$100 Portage Place Gift Card.

GIFT CARD GIVEAWAY!

Purchase a \$50 Portage Place Gift Card or bring a single \$50 same day receipt to customer service on

FRIDAY

NOVEMBER 27 (10 am to 9 pm)

SATURDAY

NOVEMBER 28 (10 am to 6 pm)

SUNDAY

NOVEMBER 29 (12 am to 5 pm)

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NOV. 28TH

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